

Infant names:
Ages:
Birthdates:

WEEKEND INFANT MENU

				Provider Name		Month/Year	
Age in months:	0 to 3	4 to 7	8 to 11	Saturday/Date:	Sunday/Date:	Saturday/Date:	Sunday/Date:
Breakfast	I F Infant Formula or Breast Milk	4-6 oz	4-8 oz	6-8 oz			
	Fruit and/or vegetable	0	0	1-4 T			
	I F Infant Cereal	0	0	2-4T			
AM SNACK	I F Infant Formula or Breast Milk	4-6 oz	4-6 oz	2-4 oz			
	Juice may be given in place of IFIF at 8 mnths or older	0	0	2-4 oz			
	Bread or Cracker	0	0	0-½ sl 0-2 T			
LUNCH	I F Infant Formula or Breast Milk	4-6 oz	4-8 oz	6-8 oz			
	Fruit and/or vegetable	0	0-3 T	1-4 T			
	Meat/Meat Alternate or Cheese or Cottage	0	0	1-4 T ½-2 oz			
	Cheese/Cheese Spread	0	0	1-4 oz			
	I F Infant Cereal	0	0-3 T	2-4 T			
PM SNACK	I F Infant Formula or Breast Milk	4-6 oz	4-6 oz	2-4 oz			
	Juice may be given in place of IFIF at 8 mnths or older	0	0	2-4 oz			
	Bread or Cracker	0	0	0-½ sl 0-2 T			
DINNER	I F Infant Formula or Breast Milk	4-6 oz	4-8 oz	6-8 oz			
	Fruit and/or vegetable	0	0-3 T	1-4 T			
	Meat/Meat Alternate or Cheese or Cottage	0	0	1-4 T ½-2 oz			
	Cheese/Cheese Spread	0	0	1-4 oz			
	I F Infant Cereal	0	0-3 T	2-4 T			
Evening SNACK	I F Infant Formula or Breast Milk	4-6 oz	4-6 oz	2-4 oz			
	Juice may be given in place of IFIF at 8 mnths or older	0	0	2-4 oz			
	Bread or Cracker	0	0	0-½ sl 0-2 T			

Infant formula and cereal must state "iron fortified infant". You may use "IFIF" to indicate iron fortified infant formula and "IFIC" to indicate iron fortified infant cereal.

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