

Weekly Menu for Infant Children (7-Day)

Week Of _____

	Age	Portion Size/Component	Date:	Date:	Date:	Date:	Date:	Date:	Date:
			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Birth – 3 mos	4-6 oz of formula or breast milk							
	4 – 7 months	4 – 8 fl oz. formula or breast milk							
		0-3 Tbsp. infant cereal							
	8 – 11 mos	6 – 8 fl oz. formula or breast milk							
		2-4 Tbsp infant cereal							
		1-4 Tbsp fruit or vegetable or both							
AM Snack	Birth – 3 mos	4-6 fluid oz formula or breast milk							
	4 – 7 mos	4-6 fluid oz of formula or breast milk							
	8 – 11 mos	2-4 fluid oz of formula or breast milk, or fruit juice; AND 0-1/2 bread or 0 – 2 crackers							
Lunch	Birth – 3 mos	4-6 fl oz formula or breast milk							
	4 – 7 mos	4 – 8 fl oz. formula or breast milk							
		0-3 Tbsp. infant cereal / AND							
		0-3 Tbsp fruit or vegetable broth							
	8 – 11 mos	6 – 8 fluid oz formula or breast milk							
		2-4 Tbsp Infant cereal and/or							
		1-4 Tbsp. meat, fish, poultry, egg yolk, or cooked dry beans or peas or							
		1/2 -2 oz cheese or							
1-4 oz (volume) cottage cheese, or									
1-4 oz (weight) cheese food or cheese spread / AND									
1-4 Tbsp fruit or vegetable or both									

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Age	Portion Size/Component	Date:	Date:	Date:	Date:	Date:	Date:	Date:
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM Snack	Birth – 3 mos	4-6 fluid oz formula or breast milk						
	4 – 7 mos	4-6 fluid oz of formula or breast milk						
	8 – 11 mos	2-4 fluid oz of formula or breast milk, or fruit juice; AND 0-1/2 bread or 0 – 2 crackers						
Supper	Birth – 3 mos	4-6 fl oz formula or breast milk						
	4 – 7 mos	4 – 8 fl oz. formula or breast milk						
		0-3 Tbsp. infant cereal / AND 0-3 Tbsp fruit or vegetable broth						
	8 – 11 mos	6 – 8 fluid oz formula or breast milk						
		2-4 Tbsp Infant cereal and/or						
		1-4 Tbsp. meat, fish, poultry, egg yolk, or cooked dry beans or peas or						
		1/2 -2 oz cheese or						
1-4 oz (volume) cottage cheese, or 1-4 oz (weight) cheese food or cheese spread / AND 1-4 Tbsp fruit or vegetable or both								
EV Snack	Birth – 3 mos	4-6 fluid oz formula or breast milk						
	4 – 7 mos	4-6 fluid oz of formula or breast milk						
	8 – 11 mos	2-4 fluid oz of formula or breast milk, or fruit juice; AND 0-1/2 bread or 0 – 2 crackers						