

# Sample Infant Menu



Here is a sample menu for infants, 6 months to 11 months old, to help you plan your calendar with creditable recipes that meet the Meal Pattern guidelines.

	0-5 MONTHS	6-11 MONTHS		MONDAY DAY 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5
BREAKFAST	4 - 6 oz.	6 - 8 oz.	Milk	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	--	0 - 2 tbs.	Fruit/Vegetable	Mashed Banana	Mashed or Cubed Avacado	Applesauce	Pureed Mangoes	Pureed Peaches
	--	0 - 4 oz.	Grain/Meat	Infants Rice Cereal	Scrambled Eggs	Infants Rice Cereal	Infants Oatmeal	Plain Yogurt
LUNCH	4 - 6 oz.	6 - 8 oz.	Milk	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	--	0 - 2 tbs.	Fruit / Vegetable	Mashed Cauliflower	Mashed Green Beans	Mashed Carrots	Pureed Pears	Mashed Peas
	--	0 - 4 oz.	Grain/Meat	Finely Chopped Chicken	Infants Rice Cereal	Finely Chopped Turkey	Infant Rice Cereal	Cottage Cheese
SNACK	4 - 6 oz.	2 - 4 oz.	Milk	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	--	0 - 2 tbs.	Fruit / Vegetable	Seedless Watermelon	Mashed Sweet Potato	Mashed Kiwi	Mashed Broccoli	Mashed Zucchini
	--	0 - 4 oz.	Grain/Meat	Teething Biscuit	Puffed Cereal	Crackers	Teething Biscuit	Crackers

All foods are subject to the individual infant and their own developmental readiness to consume that food item.

## Important

1. Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
2. Infant formula and dry infant cereal must be iron-fortified.
3. Ounce equivalents are used to determine the quantity of creditable grains.
4. A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
5. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
6. Fruit and vegetable juices must not be served.

