



Month: _____

Provider's Name: _____

ID No: _____

INFANT MENU PLANNING WORKSHEET

				Date: _____						
	Child's Age	Birth - 3 mos.	4 - 7 mos.	8 - 11 mos.	Food Item	Portions Given	Food Item	Portions Given	Food Item	Portions Given
Breakfast	Iron Fort Inf Cereal (8-11 mos.)			2-4 tsp						
	Fruit/Vegetable (8-11 mos.)			1-4 tsp						
	Iron Fort Inf Cereal (4-7 mos.)		0-3 tsp							
	Formula	4-6 fl. oz	4-8 fl. oz	6-8 fl. oz						
AM snack	Bread/Alternate (8-11 mos.)			0-2 servings						
	Juice (8-11 mos.)			2-4 fl. oz						
	Formula	4-6 fl. oz	4-6 fl. oz	2-4 fl. oz						
Lunch	Infant Cereal/Meat (8-11 mos.)			2-4 tsp						
	Fruit/Vegetable (8-11 mos.)			2-4 tsp						
	Cereal (4-7 mos.)		0-3 tsp							
	Fruit/Vegetable (4-7 mos.)		0-3 tsp							
	Formula	4-6 fl. oz	4-8 fl. oz	6-8 fl. oz						
PM Snack	Bread/Alternate (8-11 mos.)			0-2 servings						
	Juice (8-11 mos.)			2-4 fl. oz						
	Formula	4-6 fl. oz	4-6 fl. oz	2-4 fl. oz						
Dinner	Infant Cereal/Meat (8-11 mos.)			2-4 tsp						
	Fruit/Vegetable (8-11 mos.)			2-4 tsp						
	Cereal (4-7 mos.)		0-3 tsp							
	Fruit/Vegetable (4-7 mos.)		0-3 tsp							
	Formula	4-6 fl. oz	4-8 fl. oz	6-8 fl. oz						
EV Snack	Bread/Alternate (8-11 mos.)			0-2 servings						
	Juice (8-11 mos.)			2-4 fl. oz						
	Formula	4-6 fl. oz	4-6 fl. oz	2-4 fl. oz						

The US Dept of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, age, and disability. To file a complaint, write USDA, Director of Office of Civil Rights, Room 326w Whitten Bldg, 14th and Independence Ave, SW, Washington DC 20250 or call 202-720-5964. USDA is an equal opportunity provider and employer