

Menu Planning Worksheet for Infants
 For each day of the week, write down the menus for the meal served.

Name of Child Care Facility: _____ ✓ Menu Planning Age Group(s): ___ 0-3 ___ 4-7 ___ 8-11 Week of _____ 20__

Infant meal pattern food components:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Breastmilk/Formula					
	Vegetable/Fruit					
	Cereal					
LUNCH	Breastmilk/Formula					
	Cereal					
	Meat/Meat Alternate					
	Vegetable/Fruit					
SNACK	Breastmilk/Formula					
	Fruit Juice					
	Bread/Crackers					

Refer to Meal Pattern for Infants for serving size and appropriate foods when planning menus. **MENUS MUST BE POSTED AND MAINTAINED ON FILE**