

**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
<b>BREAKFAST</b>	Breastmilk/Formula					
	Vegetable/Fruit					
	Cereal					
<b>LUNCH</b>	Breastmilk/Formula					
	Cereal					
	Meat/Meat Alternate					
	Vegetable/Fruit					
<b>SNACK</b>	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**