

NAME: _____ **INFANT MEAL PATTERN MENU** DATE: _____
 Form I - Monday - Friday

DAY OF WEEK		MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
B R E A K F A S T	NUMBER SERVED	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11
	0-3 4-6 FL. OZ. BREAST MILK (1) OR FORMULA (2)															
	4-7 4-8 FL. OZ. BREAST MILK (1) OR FORMULA (2) 0-3 TBSP. INFANT CEREAL (3) Optional															
	8-11 6-8 FL. OZ. BREAST MILK (1) FORMULA (2) 2-4 TBSP. INFANT CEREAL (3) 1-4 TBSP. FRUIT AND/OR VEGETABLE															
A M S N A C K	NUMBER SERVED	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11
	0-3 4-6 FL. OZ. BREAST MILK (1) OR FORMULA (2)															
	4-7 4-8 FL. OZ. BREAST MILK (1) OR FORMULA (2)															
	8-11 6-8 FL. OZ. BREAST MILK (1) FORMULA (2), OR FRUIT JUICE (4) 0- 1/2 SLICE BREAD OR 0- 2 CRACKERS (5) (Optional)															
L U N C H T I M E M E A L	NUMBER SERVED	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11
	0-3 4-6 FL. OZ. BREAST MILK (1) OR FORMULA (2)															
	4-7 4-8 FL. OZ. BREAST MILK (1) OR FORMULA (2) 0-3 TBSP. INFANT CEREAL (3) Optional 0-3 TBSP. FRUIT AND/OR VEGETABLE (Optional)															
	8-11 6-11 FL. OZ. BREAST MILK (1) FORMULA (2) 2-4 TBSP INFANT CEREAL (3) AND/OR 1-4 TBSP. MEAT, FISH, POULTRY, EGG YOLK OR COOKED DRY BEANS OR DRIED PEAS, OR 1/2- 2 OZ. CHEESE OR 1- 4 OZ. COTTAGE CHEESE, CHEESE FOOD OR CHEESE SPREAD 1-4 TBSP. FRUIT AND/OR VEGETABLE															
P M S N A C K	NUMBER SERVED	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11
	0-3 4-6 FL. OZ. BREAST MILK (1) OR FORMULA (2)															
	4-7 4-6 FL. OZ. BREAST MILK (1) OR FORMULA (2)															
	8-11 2-4 FL. OZ. BREAST MILK (1) FORMULA (2) OR FRUIT JUICE (4) 0- 1/2 SLICE BREAD OR 0- 2 CRACKERS (5) (Optional)															

- (1) BREAST MILK
- (2) IRON-FORTIFIED INFANT FORMULA Brand of Formula: _____
- (3) IRON-FORTIFIED DRY INFANT CEREAL Brand of Cereal: _____
- (4) FULL-STRENGTH FRUIT JUICE
- (5) MADE WITH WHOLE-GRAIN OR ENRICHED MEAL OR FLOUR

 **Nutrition Works**
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