

NAME: _____ **INFANT MEAL PATTERN MENU** DATE: _____
Form II - Monday - Sunday

DAY OF WEEK ⇨⇨⇨		MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
		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	4-7	8-11	0-3	4-7	8-11
B R E A K F A S T	NUMBER SERVED																					
	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 4-6 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 4-6 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 4-6 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)																					
S U P P E R T I M E M E A L	NUMBER SERVED																					
	0-3 4-6 FL. OZ. BREAST MILK ⁽¹⁾ OR FORMULA ⁽²⁾																					
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	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																					
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	8-11 6-8 FL. OZ. BREAST MILK ⁽¹⁾ FORMULA ⁽²⁾ , OR FRUIT JUICE ⁽⁴⁾ (Optional)																					

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