

Infant Meal Planning Guide

Center Name: _____

Week of : _____

Meal Component	Min. Serving Size		Day of Week				
	0-5 mo.	6-11 mo.	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>							
Breast Milk or Formula	4-6 fl. OZ	6-8 fl. OZ					
Fruit ,Vegetable or both*	X	0-2 tbsp.					
Infant Cereal	X	0-4 tbsp.					
<i>Lunch or Supper</i>							
Breast Milk or Formula	4-6 fl. OZ	6-8 fl. OZ					
Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or cheese; or cottage cheese; or yogurt or a combination*	X	0-4 OZ.					
Fruit ,Vegetable or both*	X	0-2 tbsp.					
<i>PM Snack</i>							
Breast Milk or Formula	4-6 fl. OZ	6-8 fl. OZ					
bread slice; or crackers; or infant cereal or ready-to-eat cereal*	X	0-1/2 slice, or 0-2 crackers, 0-4 tbsp					
Fruit ,Vegetable or both*	X	0-2 tbsp.					

* Required when infant is developmentally ready.

All serving sizes are minimum quantities of the food components that are required to be served.

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