

Infant Menu Planner 0-3 month

Dates:

Name of Site:

Meal & Snack Pattern as Required By USDA	Serving Size					
	0-3 mo	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Iron-fortified formula or breastmilk	4-6 fl oz					
AM Snack Iron Fortified Formula or breastmilk	4-6 fl.oz					
Lunch Iron-fortified formula or breastmilk	4-6 fl oz					
PM Snack Iron Fortified Formula or breastmilk	4-6 fl.oz					
Supper Iron-fortified formula or breastmilk	4-6 fl oz					
Eve Snack Iron Fortified Formula or breastmilk	4-6 fl.oz					

No solids (cereal, fruit, vegetables, etc.) until around 4-6 months when baby has doubled his/her birth weight and can:

- Sit with support
- Follow food with eyes
- Open mouth when they see a spoon coming towards them
- Move food from spoon and swallow without pushing food back out of mouth
- Reject food by:
 - Turning head
 - Keeping mouth tightly closed
 - Forcing food back out of mouth