

## Infant Menu Planner 8-11 month

Dates:

Name of Site:

Meal & Snack Pattern as Required By USDA	Serving Size					
	8-11 mo	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>						
Iron-fortified formula or breastmilk	6-8 fl oz					
Iron- fortified infant cereal (1)	2-4 Tbsp.					
Fruit, vegetable or both	1-4 Tbsp.					
<b>AM Snack</b>						
Iron-fortified formula or breastmilk or full strength fruit juice (2)	2-4 fl.oz.					
Grain (3)	0-4 Tbsp.					
<b>Lunch</b>						
Iron-fortified formula or breastmilk	6-8 fl oz.					
Meat/Meat Alternate (4)	See Below					
Fruit, vegetable or both	1-4 Tbsp					
<b>PM Snack</b>						
Iron-fortified formula or breastmilk or full strength fruit juice (2)	2-4 fl.oz.					
Grain (3)	0-4 Tbsp.					
<b>Supper</b>						
Iron-fortified formula or breastmilk	6-8 fl oz.					
Meat/Meat Alternate (4)	See Below					
Fruit, vegetable or both	1-4 Tbsp					
<b>Eve Snack</b>						
Iron-fortified formula or breastmilk or full strength fruit juice (2)	2-4 fl.oz.					
Grain (3)	2-4 Tbsp.					

(1) Introduce wheat then mixed infant cereal after 8 months of age.

(2) Only serve 100% juice in a cup, not a bottle, when baby can form lips to the cup. No cow's milk until after 1<sup>st</sup> birthday.

(3) Must be whole-grain or enriched. Serve equivalent of ½ slice of bread or 2 crackers.

(4) Iron- fortified infant cereal 2-4 Tbsp; and/or Meat, poultry, egg yolk, cooked dry beans or peas 1-4 Tbsp; or Cheese ½-2 oz; or Cottage Cheese 1-4 oz; or Cheese food or cheese spread 1-4 oz. Finger Foods – start when baby bites, can grasp, forms lips to cup, moves food from side to side in mouth and rotary chews. Mashed and chopped foods – start when thumb and finger grasp (pincer grasp) develops.