

Dates:		<b>Infant Menu Planner 0-3 Month</b>							Name of Site:
Meal & Snack Pattern as Required By USDA	Serving Size:								
	0-3 mo	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Breakfast</b> Iron-fortified formula or breastmilk	4-6 fl oz								
<b>AM Snack</b> Iron-fortified formula or breastmilk	4-6 fl oz								
<b>Lunch</b> Iron-fortified formula or breastmilk	4-6 fl oz								
<b>PM Snack</b> Iron-fortified formula or breastmilk	4-6 fl oz								
<b>Supper</b> Iron-fortified formula or breastmilk	4-6 fl oz								
<b>Eve Snack</b> 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