

Infant Menu Planner 4-7 Month

Dates:

Name of Site:

Meal & Snack Pattern as Required By USDA	Serving Size:							
	4-7 mo	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Iron-fortified formula or breastmilk	4-8 fl oz							
Iron- fortified infant cereal (1)	0-3 Tbsp							
AM Snack Iron-fortified formula or breastmilk	4-6 fl.oz							
Lunch Iron-fortified formula or breastmilk	4-8 fl oz							
Iron-fortified infant cereal (1)	0-3 Tbsp							
Fruit, vegetable or both (2) (3)	0-3 Tbsp							
PM Snack Iron-fortified formula or breastmilk	4-6 fl.oz							
Supper Iron-fortified formula or breastmilk	4-8 fl oz							
Iron-fortified infant cereal (1)	0-3 Tbsp							
Fruit, vegetable or both (2) (3)	0-3 Tbsp							
Eve Snack Iron-fortified formula or breastmilk	4-6 fl oz							

* Introduce only one new food at a time for 7 days before starting another new food. (see 0-3 menu planner for developmental cues).

- (1) Only mix cereal with formula or breastmilk and serve with spoon. Start with rice, oats then barley infant cereals. No wheat or mixed cereals until 8 or 9 months old.
- (2) Start vegetables after 6 months of age when the baby readily accepts 2-3 Tbsp. of infant cereal at each meal. Include green beans, green peas, squash, sweet potatoes, carrots, beets and spinach.
- (3) After a variety of vegetables are introduced without any allergic reactions, start fruits. Include applesauce, apricots, bananas, peaches, pears and plums.