

The day an infant turns 6 months old, you must begin using this menu, 6 months to 1 year of age.  
 The day an infant turns 1 year of age, you must begin using the 1 year through 12 year old menu.

Provider Name \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

List All Infants & Ages for This Menu. Please circle "B" for Breast Milk or "F" for Formula next to each child's name.

Infant's Name _____ Age _____ Name of Formula _____ B or F	Infant's Name _____ Age _____ Name of Formula _____ B or F
Infant's Name _____ Age _____ Name of Formula _____ B or F	Infant's Name _____ Age _____ Name of Formula _____ B or F

T = Tablespoon

fl oz = fluid ounces

\*Required when infant is developmentally ready.

Day	Breakfast	AM Snack	Lunch	PM Snack	Supper
	6-8 fl oz Breast Milk or Formula	2-4 fl oz Breast Milk or Formula	6-8 fl oz Breast Milk or Formula	2-4 fl oz Breast Milk or Formula	6-8 fl oz Breast Milk or Formula
	0-4T infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*	0-1/2 bread slice; or 0-2 crackers; or 0-4T infant cereal or ready-to-eat cereal*	0-4T infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*	0-1/2 bread slice; or 0-2 crackers; or 0-4T infant cereal or ready-to-eat cereal*	0-4T infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*
	0-2T Vegetable, Fruit or both*	0-2T Vegetable, Fruit or both*	0-2T Vegetable, Fruit or both*	0-2T Vegetable, Fruit or both*	0-2T Vegetable, Fruit or both*
	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula
	Infant Cereal	Ready to Eat Cereal	Yogurt	WG Crackers	Chicken
	Squash	Green Beans	Plums	Applesauce	Sweet Potatoes
	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula
	Eggs/Cheese	Infant Cereal	Infant Cereal	Ready to Eat Cereal	Infant Cereal
	Banana	Carrots	Green Beans	Plums	Squash
	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula
	Cottage Cheese	Ready to Eat Cereal	Peas	Infant Cereal	Infant Cereal
	Sweet Potatoes	Applesauce	Plums	Peaches	Beets
	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula
	Infant Cereal	WG Toast	Eggs	WG Bread	Yogurt/Cheese
	Yams	Green Beans	Squash	Banana	Potatoes
	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula
	Infant Cereal	Saltine Cracker	Infant Cereal	WG Crackers	Infant Cereal
	Applesauce	Peas	Carrots	Apricots	Green Beans
	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula
	Infant Cereal	WG Crackers	Infant Cereal	Ready to Eat Cereal	Infant Cereal
	Carrots	Peas	Beets	Banana	Green Beans
	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula
	Yogurt	WG Toast	Cheese	Ready to Eat Cereal	Infant Cereal
	Green Beans	Carrots	Apricots	Plums	Peas