

Baby Menu

Provider' Name _____

	0-3 months	4-7 months	8-12 months	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST										
iron fortified infant formula	4-6 oz.	4-8 oz.	6-8 oz.	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula
iron fortified infant cereal		0-3 Tbsp.	2-4 Tb	oatmeal	rice	barley	mixed cereal	rice	mixed cereal	barley
fruit and/ or vegetable			1-4 Tb	banana	apples	apricot	peaches	plums	peaches	apricots
A.M. SNACK										
iron fortified infant formula	4-6 oz.	4-6 oz.	2-4 oz	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula
bread OR crackers			0- 1/2 slice 0-2	toast	soda crackers	bread	toast	soda crackers	toast	bread
LUNCH										
iron fortified infant formula	4-6 oz.	4-6 oz.	6-8 oz.	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula
iron fortified infant cereal		0-3 Tbsp.	2-4 Tbsp. and / or (1-4 Tbsp meat, fish, poultry, egg yolk, cooked dry beans, pears) or (1/2-2 oz. cheese) or (1-4 oz. cottage cheese, cheese food, cheese spread)	iron fortified cereal	beef	iron fortified cereal	chicken	iron fortified cereal	refried beans	iron fortified cereal
fruit and /or vegetable		0-3 Tbsp.	1-4 Tbsp.	apricots	mashed potatoes	beets	bananas	carrots	peaches	squash
P.M. SNACK										
iron fortified infant formula	4-6 oz.	4-6 oz.	2-4 oz. Formula or juice	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula
bread OR crackers			0- 1/2 slice 0-2	toast	soda crackers	bread	soda crackers	toast	soda crackers	muffin
DINNER										
iron fortified infant formula	4-6 oz.	4-8 oz.	6-8 oz.	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula
iron fortified infant cereal		0-3 Tbsp.	2-4 Tbsp. and / or (1-4 Tbsp meat, fish, poultry, egg yolk, cooked dry beans, pears) or (1/2-2 oz. cheese) or (1-4 oz. cottage cheese, cheese food, cheese spread)	beef	iron fortified cereal	chicken	iron fortified cereal	refried beans	iron fortified cereal	chicken
fruit and / or vegetable		0-3 Tbsp.	1-4 Tbsp.	squash	bananas	carrots	apricots	beets	pears	mashed potatoes
EVENING SNACK										
iron fortified infant formula	4-6 oz.	4-6 oz.	2-4 oz. Formula or juice	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula	iron fortified formula
bread OR crackers			0-1/2 slice 0-2	toast	graham crackers	bread	soda crackers	toast	soda crackers	graham crackers