Minnesota Department of Education

Infant Menu Record

Center Name/Classroom: _____ Week of: _____

Meal	0 - 3 months	4 - 7 months	8 - 11 months
Breakfast	• 4-6 fluid ounces iron fortified infant formula or breast milk.	• 4-8 fluid ounces iron fortified infant formula or breast milk. When developmentally ready: • 1-3 tablespoons iron fortified infant cereal only.	• 6-8 fluid ounces iron fortified infant formula or breast milk. • 2-4 tablespoons iron fortified infant cereal. • 1-4 tablespoons fruit and/or vegetable.
Lunch/ Supper	• 4-6 fluid ounces iron fortified infant formula or breast milk.	• 4-8 fluid ounces iron fortified infant formula or breast milk. When developmentally ready: • 1-3 tablespoons iron fortified infant cereal and/or • 1-3 tablespoons fruit and/or vegetable.	• 6-8 fluid ounces iron fortified infant formula or breast milk. • 2-4 tablespoons iron fortified infant cereal or 1-4 tablespoons meat or meat alternate. • 1-4 tablespoons fruit and/or vegetable.
AM, PM, Eve Snack	• 4-6 fluid ounces iron fortified infant formula or breast milk.	• 4-6 fluid ounces iron fortified infant formula or breast milk.	• 2-4 fluid ounces iron fortified infant formula or breast milk or 100 percent fruit juice. When developmentally ready: • 0 – ½ bread or 0-2 crackers. Made from whole grain or enriched meal or flour.

Specify breast milk (BM) or kind of iron fortified infant formula prepared for each infant.

Infant Name 0 - 3 months	Menu 0 - 3 months	Infant Name 4 - 7 months	Menu 4 - 7 months	Infant Name 8 – 11 months	Menu 8 - 11 months
	BM/_____		BM/_____		BM/_____
	BM/_____		BM/_____		BM/_____
	BM/_____		BM/_____		BM/_____
	BM/_____		BM/_____		BM/_____
	BM/_____		BM/_____		BM/_____
	BM/_____		BM/_____		BM/_____
	BM/_____		BM/_____		BM/_____

When developmentally ready, an infant must be offered solid foods in appropriate textures.

Note: When recording the number of meals and snacks served daily on the Meal/Snack Count and Attendance Records, remember that no more than two meals and one snack or two snacks and one meal can be claimed per child per day.

USDA is an equal opportunity provider and employer.