

Menu Planning Worksheet for Infants

For each day of the week, write down the menus for the meal served.

Name of Child Care Facility:_____ ✓Menu Planning Age Group(s):_____0-3 _____4-7 _____8-11 Week of_____20_____

BREAKFAST	Infant meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Breastmilk/Formula							
	Vegetable/Fruit							
	Cereal							
LUNCH	Breastmilk/Formula							
	Cereal							
	Meat/Meat Alternate							
	Vegetable/Fruit							
SNACK	Breastmilk/Formula							
	Fruit Juice							
	Bread/Crackers							

Refer to Meal Pattern for Infants for serving size and appropriate foods when planning menus.

MENUS MUST BE POSTED AND MAINTAINED ON FILE!