

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): ___0-5 mos ___6-11 mos Week of _____20__

		Infant meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Breastmilk and/or Formula						
	Vegetable and/or Fruit						
	Infant Cereal and/or Meat/Meat Alternate						
LUNCH	Breastmilk and/or Formula						
	Vegetable and/or Fruit						
	Cereal and/or Meat/Meat Alternate						
SNACK	Breastmilk and/or Formula						
	Vegetable and/or Fruit						
	Bread, Crackers, Infant Cereal, and/or Ready-to-eat Cereal						

Refer to Meal Pattern for Infants for serving size and appropriate foods when planning menus. **MENUS MUST BE POSTED AND MAINTAINED ON FILE!**