



SAMPLE MENU FOR INFANTS (8 - 12 Months)

State Form 49950 (R3 / 3-15)

FSSA - MS02
402 WEST WASHINGTON STREET, RM W361
INDIANAPOLIS, IN 46204

The SAMPLE MENU FOR INFANTS is a guideline. Serving sizes depend upon the infant's age, size and development. Serving sizes are listed in amounts appropriate for ages eight (8) months and nine (9) to twelve (12) months. Refer to FEEDING PLAN GUIDELINES for specific amounts and kinds of foods by age group. The SUGGESTED FEEDING PLAN is signed by the infant's MD, DO, or NP and must be followed by the child care facility.

INSTRUCTIONS: * If dry cereal is used, mix cereal and formula in a bowl. Feed with a spoon.

1. Vitamin A food source - If one (1) to two (2) meals per day are served, two (2) Vitamin A food sources must be offered per week. If three (3) meals per day are served, four (4) Vitamin A food sources must be offered per week (strained carrots, winter squash, spinach, apricots, liver).
2. Vitamin C food source - One (1) time per day (orange juice, grapefruit juice or mixed infant juices fortified with Vitamin C or fortified pureed fruit).
3. Provide solid foods with a texture compatible with the infant's ability to chew and swallow. For example, ground or chopped meats, well-cooked mashed vegetables or mashed, canned or cooked fruits.
4. Finger foods may be offered between nine (9) to twelve (12) months.
5. Juice is not recommended for infants.

MEAL	PATTERN	AMOUNTS 8 Months	AMOUNTS 9 - 12 Months	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00 a.m.	Formula	7 - 8 oz.	6 - 8 oz.	Formula	Formula	Formula	Formula	Formula
	*Baby Cereal	3 - 5T	4 - 6T	Rice Cereal	Oatmeal Cereal	Barley Cereal	Rice Cereal	Oatmeal Cereal
	Fruit	2 - 4T	2 - 4T	Bananas	Pears	Peaches	Plum	Apricots
AM Feeding 9:00 a.m.	Vitamin C Rich Fruit or Juice	4 oz.	4 oz.	Vitamin C Fortified Applesauce	Apple Juice	Orange Juice	Apple Juice	Vitamin C Fortified Peaches
	Dry Cereal, Cracker or Dry Toast	1 or 1/4	2 or 1/2	Zweiback	Dry Toast	Cereal 'O's	Dry Toast	Zweiback
Lunch 12:00 Noon	Formula	7 - 8 oz.	6 - 8 oz.	Formula	Formula	Formula	Formula	Formula
	Meat	None	1 - 2T	Chicken	Beef	Pork	Liver A	Chicken
	Vegetable	5 - 9T	2 - 9T	Carrots A	Winter Squash A	Beets	Winter Squash A	Spinach A
	Potato or 2nd Vegetable (optional)	None	None - 6T	Mashed Potatoes	Green Beans	Peas	Spinach A	Potatoes
	Fruit	2 - 4T	2 - 4T	Applesauce	Peaches	Pears	Plums	Apricots A
PM Feeding 3:00 p.m.	Formula	7 - 8 oz.	6 - 8 oz.	Formula	Formula	Formula	Formula	Formula
	Dry Cereal, Cracker or Dry Toast	2 or 1/2	2 or 1/2	Dry Toast	Zweiback	Dry Toast	Animal Cracker	Dry Toast
Dinner 6:00 p.m.	Formula	7 - 8 oz.	6 - 8 oz.	Formula	Formula	Formula	Formula	Formula
	Meat	None	1 - 2T	Lamb	Veal	Chicken	Pork	Beef
	Vegetable	5 - 9T	2 - 9T	Beets	Spinach A	Carrots A	Sweet Potatoes A	Winter Squash A
	Potato or 2nd Vegetable (optional)	None	None - 6T	Peas	Potatoes	Potatoes	Green Beans	Peas
	Fruit	2 - 4T	2 - 4T	Pears	Banana	Plums	Applesauce	Peaches
	*Baby Cereal	3 - 5T	None - 4T	Oatmeal Cereal	Barley Cereal	Rice Cereal	Oatmeal Cereal	Rice Cereal
Evening Feeding 9:00 p.m.	Formula	6 oz.	6 oz.	Formula	Formula	Formula	Formula	Formula