



**SAMPLE MENU FOR INFANTS
(8 - 12 Months)**

State Form 49950 (R4 / 12-21)

FSSA - MS02

402 WEST WASHINGTON STREET, RM W362
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.
2. Vitamin C food source - One (1) time per day.
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 as developmentally appropriate, usually 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 | Mashed Mango | Mashed Berry | Mashed Kiwi | Vitamin C Fortified Peaches |
| | Dry Cereal, Cracker or Dry Toast | 1 or 1/4 | 2 or 1/2 | Zwieback | Dry Toast | Cereal 'O's | Dry Toast | Zwieback |
| | Formula | 7 - 8 oz. | 6 - 8 oz. | Formula | Formula | Formula | Formula | Formula |
| Lunch 12:00 Noon | 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 |
| | Formula | 7 - 8 oz. | 6 - 8 oz. | Formula | Formula | Formula | Formula | Formula |
| PM Feeding 3:00 p.m. | Dry Cereal, Cracker or Dry Toast | 2 or 1/2 | 2 or 1/2 | Dry Toast | Zwieback | Dry Toast | Animal Cracker | Dry Toast |
| | 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 |
| Dinner 6:00 p.m. | 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 |
| | Formula | 6 oz. | 6 oz. | Formula | Formula | Formula | Formula | Formula |
| | Formula | 6 oz. | 6 oz. | Formula | Formula | Formula | Formula | Formula |
| | Formula | 6 oz. | 6 oz. | Formula | Formula | Formula | Formula | Formula |
| Evening Feeding 9:00 p.m. | Formula | 6 oz. | 6 oz. | Formula | Formula | Formula | Formula | Formula |