MENU FOR INFANTS
(8 - 12 Months)

State Form 49951 (R3 / 3-15)

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

The 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.					
	*Baby Cereal	3 - 5T	4 - 6T					
	Fruit	2 - 4T	2 - 4T					
AM Feeding 9:00 a.m.	Vitamin C Rich Fruit or Juice	4 oz.	4 oz.					
	Dry Cereal, Cracker or Dry Toast	1 or 1/4	2 or 1/2					
Lunch 12:00 Noon	Formula	7 - 8 oz.	6 - 8 oz.					
	Meat	None	1 - 2T					
	Vegetable	5 - 9T	2 - 9T					
	Potato or 2nd Vegetable *(optional)*	None	None - 6T					
	Fruit	2 - 4T	2 - 4T					
PM Feeding 3:00 p.m.	Formula	7 - 8 oz.	6 - 8 oz.					
	Dry Cereal, Cracker or Dry Toast	2 or 1/2	2 or 1/2					
Dinner 6:00 p.m.	Formula	7 - 8 oz.	6 - 8 oz.					
	Meat	None	1 - 2T					
	Vegetable	5 - 9T	2 - 9T					
	Potato or 2nd Vegetable *(optional)*	None	None - 6T					
	Fruit	2 - 4T	2 - 4T					
	*Baby Cereal	3 - 5T	None - 4T					
Evening Feeding 9:00 p.m.	Formula	6 oz.	6 oz.					