

Appendix B: Sample Infant Menu (6 Through 11 Months)

Baby's Name: _____

Week of: _____

Food Component	Serving Size	Day of Week				
	6 through 11 months	Mon	Tues	Wed	Thurs	Fri

Breakfast

breastmilk ¹ or formula ²	6–8 fl. oz.	Breastmilk or infant formula	Breastmilk or infant formula	Breastmilk or infant formula	Breastmilk or infant formula	Breastmilk or infant formula
infant cereal, ² meat, fish, poultry, whole eggs, cooked dry beans or peas; or	0–4 tbsp.	<u>Iron-fortified infant cereal</u>	<u>Scrambled eggs</u>		<u>Iron-fortified infant cereal</u>	
cheese; or	0–2 oz.					
cottage cheese; or	0–4 oz. (volume)					<u>Cottage cheese</u>
yogurt ³ ; or a combination ⁴	0–4 oz. (½ cup)			<u>Yogurt</u>		
vegetable, fruit or both ^{4,5}	0–2 tbsp.	<u>Finely chopped peaches</u>	<u>Cooked spinach</u>	<u>Finely chopped pears</u>	<u>Mashed avocado</u>	<u>Applesauce</u>

Lunch or Supper

breastmilk ¹ or formula ²	6–8 fl. oz.	Breastmilk or infant formula	Breastmilk or infant formula	Breastmilk or infant formula	Breastmilk or infant formula	Breastmilk or infant formula
infant cereal, ² meat, fish, poultry, whole eggs, cooked dry beans or peas; or	0–4 tbsp.	<u>Beef (strained)</u>	<u>Mashed kidney beans</u>	<u>Ground turkey</u>	<u>Baked cod (white fish)</u>	<u>Finely chopped baked chicken</u>
cheese; or	0–2 oz.					
cottage cheese; or	0–4 oz. (volume)					
yogurt ³ ; or a combination ⁴	0–4 oz. (½ cup)					
vegetable, fruit, or both ^{4,5}	0–2 tbsp.	<u>Mashed butternut squash</u>	<u>Finely chopped zucchini</u>	<u>Mashed carrots</u>	<u>Mashed broccoli</u>	<u>Mashed sweet potato</u>

Food Component	Min. Serving Size	Day of Week				
	6 through 11 months	Mon	Tues	Wed	Thurs	Fri

Snack

breastmilk ¹ or formula ²	2–4 fl. oz.	Breastmilk or infant formula				
bread slice ⁶ ; or	0–½ slice	<u>Bread</u>			<u>Tortillas</u>	
crackers ⁶ ; or	0–2			<u>Crackers</u>		
infant cereal ^{2,6} or ready-to-eat cereal ^{4,6,7}	0–4 tbsp.		<u>O-shaped cereal</u>			<u>Iron-fortified infant cereal</u>
vegetable, fruit, or both ^{4,5}	0–2 tbsp.	<u>Pureed peas</u>	<u>Mashed banana</u>	<u>Finely chopped pears</u>	<u>Mashed black beans</u>	<u>Mashed carrots</u>

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁴ A serving of this component is required when the infant is developmentally ready to accept it.

⁵ Fruit and vegetable juices must not be served.

⁶ All grains served must be made with enriched or whole grain meal or flour. Ready-to-eat breakfast cereals and infant cereals that are fortified are also creditable.

⁷ Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).