








## Menu Sample for Infants 3 - 6 Months of Age






WEEK OF: \_\_\_\_\_

	MEAL PATTERN	MONDAY Date _____	TUESDAY Date _____	WEDNESDAY Date _____	THURSDAY Date _____	FRIDAY Date _____
<b>BREAKFA</b>	<b>Formula <sup>1</sup> or Breast Milk <sup>2,3</sup></b>	<b>4-6 fluid ounces Breast Milk and/or Formula</b>	<b>4-6 fluid ounces Breast Milk and/or Formula</b>	<b>4-6 fluid ounces Breast Milk and/or Formula</b>	<b>4-6 fluid ounces Breast Milk and/or Formula</b>	<b>4-6 fluid ounces Breast Milk and/or Formula</b>
	<b>Infant Cereal <sup>1,4</sup></b>	<b>0-3 tablespoons</b>	<b>0-3 tablespoons</b>	<b>0-3 tablespoons</b>	<b>0-3 tablespoons</b>	<b>0-3 tablespoons</b>
<b>LUNCH</b>	<b>Formula <sup>1</sup> or Breast Milk <sup>2,3</sup></b>	<b>4-6 fluid ounces Breast Milk and/or Formula</b>	<b>4-6 fluid ounces Breast Milk and/or Formula</b>	<b>4-6 fluid ounces Breast Milk and/or Formula</b>	<b>4-6 fluid ounces Breast Milk and/or Formula</b>	<b>4-6 fluid ounces Breast Milk and/or Formula</b>
	<b>Infant Cereal <sup>1,4</sup></b>	<b>1 tablespoons</b>	<b>1 tablespoons</b>	<b>1 tablespoons</b>	<b>1 tablespoons</b>	<b>1 tablespoons</b>
	<b>Fruit or Vegetable or both <sup>4</sup></b>	<b>1 tablespoons</b>	<b>1 tablespoons</b>	<b>1 tablespoons</b>	<b>1 tablespoons</b>	<b>1 tablespoons</b>
<b>SNACK</b>	<b>Formula <sup>1</sup> or Breast Milk <sup>2,3</sup></b>	<b>4-6 fluid ounces Breast Milk and/or Formula</b>	<b>4-6 fluid ounces Breast Milk and/or Formula</b>	<b>4-6 fluid ounces Breast Milk and/or Formula</b>	<b>4-6 fluid ounces Breast Milk and/or Formula</b>	<b>4-6 fluid ounces Breast Milk and/or Formula</b>

## Recommended food for Babies 4-7 Months of Age

<p><b>Four to Six (4-6) Months old</b></p>	<p><b>CEREALS &amp; GRAINS</b></p> 	<p><b>FRUITS</b></p> 	<p><b>VEGGIES</b></p> 	<p><b>PROTEIN</b></p> 	<p><b>DAIRY</b></p> 
<p>Try mixing together the foods that you have already introduced without allergies or reactions. Rice Cereal mixed with Bananas for example.</p>	<p>Rice Barley Oat</p>	<p>Apples Bananas Pears Avocado</p>	<p>Sweet Potatoes Acorn/Butternut Squash Green Beans</p>	<p><b>None</b></p>	<p><b>None</b></p>

## Recommended food for Babies 6 - 8 Months of Age

<p><b>Six to Eight (6-8) Months old</b></p>	<p><b>CEREALS &amp; GRAINS</b></p> 	<p><b>FRUITS</b></p> 	<p><b>VEGGIES</b></p> 	<p><b>PROTEIN</b></p> 	<p><b>DAIRY</b></p> 
<p>Continue mixing together the foods that you have already introduced without allergies or reactions Try a Banana-Cado mix of Bananas and Avocado for example</p>	<p>Continue with Rice Barley Oat</p>	<p>Apricots Avocados Nectarines Peaches Plums Prunes Pumpkin Mangos</p>	<p><b>Carrots*</b> Peas Yellow Squash Zucchini Parsnips (8 months)</p>	<p>Chicken Turkey Tofu <i>*8 Months for Meats/Protein</i> or when your pediatrician says it's ok*</p>	<p>Plain -Whole Milk <b>Yogurt</b> (NOT whole milk for a drink!)  * 8 months or when your pediatrician says it's ok</p>