






Menu Sample for Infants 7 - 12 Months of Age






WEEK OF: _____

	MEAL PATTERN	MONDAY Date _____	TUESDAY Date _____	WEDNESDAY Date _____	THURSDAY Date _____	FRIDAY Date _____
BREAKFAST	Formula 1 or Breast Milk 2,3	6-8 fluid ounces Breast Milk and/or Formula	6-8 fluid ounces Breast Milk and/or Formula	6-8 fluid ounces Breast Milk and/or Formula	6-8 fluid ounces Breast Milk and/or Formula	6-8 fluid ounces Breast Milk and/or Formula
	Infant Cereal 1,4	2-4 tablespoons	2-4 tablespoons	2-4 tablespoons	2-4 tablespoons	2-4 tablespoons
	Fruit or Vegetable or both	1-4 tablespoons	1-4 tablespoons	1-4 tablespoons	1-4 tablespoons	1-4 tablespoons
LUNCH	Formula 1 or Breast Milk 2,3	6-8 fluid ounces Breast Milk and/or Formula	6-8 fluid ounces Breast Milk and/or Formula	6-8 fluid ounces Breast Milk and/or Formula	6-8 fluid ounces Breast Milk and/or Formula	6-8 fluid ounces Breast Milk and/or Formula
	Infant Cereal 1,4	2-4 tablespoons	2-4 tablespoons	2-4 tablespoons	2-4 tablespoons	2-4 tablespoons
	Fruit or Vegetable or both 4	1-4 tablespoons	1-4 tablespoons	1-4 tablespoons	1-4 tablespoons	1-4 tablespoons
	Meat, fish, poultry, eggs, yolk, cooked dry beans or peas	1-4 tablespoons	1-4 tablespoons	1-4 tablespoons	1-4 tablespoons	1-4 tablespoons
SNACK	Formula 1 or Breast Milk 2,3	2-4 fluid ounces Breast Milk and/or Formula	2-4 fluid ounces Breast Milk and/or Formula	2-4 fluid ounces Breast Milk and/or Formula	2-4 fluid ounces Breast Milk and/or Formula	2-4 fluid ounces Breast Milk and/or Formula
	Fruit Juice 5; and	2-4 fluid ounces	2-4 fluid ounces	2-4 fluid ounces	2-4 fluid ounces	2-4 fluid ounces
	Bread 4,6 or	0-1/2 slice	0-1/2 slice	0-1/2 slice	0-1/2 slice	0-1/2 slice
	Crackers 4,6	1-4 tablespoons	1-4 tablespoons	1-4 tablespoons	1-4 tablespoons	1-4 tablespoons

Recommended food for Babies 8-10 Months old

Eight to Ten (8-10) Months old	CEREALS & GRAINS 	FRUITS 	VEGGIES 	PROTEIN 	DAIRY 
<p>Think about adding more texture and Baby Finger Foods to baby's cuisine. Use the Chop or Blend selection on your Food Processor or Blender; you may try to mash with a fork also!</p>	<p>Rice Barley Oat Wheat & Wheat Germ Flax Graham crackers (w/o Honey) Kamut Multi-grain crackers (Low salt or No Salt) Millet Multi-grain or plain Cheerio's Pasta Quinoa Breads</p>	<p>Blueberries Cantaloupe & Melons Cherries Cranberries Dates Figs Grapes (peeled and mashed into other foods only!) Kiwi Papaya</p>	<p>Asparagus Broccoli Cauliflower Eggplant White potatoes Onions Figs Peppers Leeks Mushrooms Parsnips</p>	<p>Egg Yolks Beans/Legumes (split peas lentils etc) Lean Beef Pork Ham (natural Ham - watch for preservatives and sodium content!)</p>	<p>Cream Cheese Cottage Cheese Colby Light Cheddars</p>

Recommended food for Babies 10-12 Months old

Ten to Twelve (10-12) Months old	CEREALS & GRAINS 	FRUITS 	VEGGIES 	PROTEIN 	DAIRY 
<p>Think about adding more texture and Baby Finger Foods to baby's cuisine. Use the Chop or Blend selection on your Food Processor or Blender; you may try to mash with a fork also!</p>	<p>Pastas Wheat Cereals <i>such as Wheatabix</i> Bagels</p>	<p>Berries Citrus Grapes* (cut in quarters or in a Baby Safe Feeder)</p>	<p>Artichokes Beets Corn Spinach Tomatoes (acidic, not necessarily an allergen!)</p>	<p>Whole Eggs (12 months) Fish (White Fish such as Cod and Haddock)</p>	<p>Whole Milk (12 months) Stronger Cheddars Gouda Monterey Jack Muenster Provolone</p>