Iowa CACFP
Individual Infant Weekly Menu

Directions: This weekly menu form is for one infant. Date and complete the menus as served.

Revised 6/2011

Abbreviations

C Ch = Cottage Cheese
Ch = Cheese
Ft = Fruit
HM = Human Milk
IFF = Iron Fortified Infant Formula
IFC = Iron Fortified Infant Cereal
Opt = Optional
Tbsp = Tablespoon
Veg = Vegetable
Oz = Ounce

Month & Year		Infant's Name	
Formula Name		Birth date	Age
Who provides formula?	Parent or Center (circle one)	Optional foods tried and now required	

	Age	Infant Meal Pattern*	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Breakfast	0-3 mo	4-6 oz HM or IFF					
	4-7 mo	4-8 oz HM or IFF					
		0-3 Tbsp IFC (Opt)					
	8-11 mo (until 1st birthday)	6-8 oz HM or IFF					
		2-4 Tbsp IFC					
		1-4 Tbsp Ft and/or Veg					
Snack	0-7 mo	4-6 oz HM or IFF					
	8-11 mo (until 1st birthday)	2-4 oz HM or IFF or Ft Juice					
		0-½ slice Bread or 0-2 Crackers (Opt)					
Lunch	0-3 mo	4-6 oz HM or IFF					
	4-7 mo	4-8 oz HM or IFF					
		0-3 Tbsp IFC (Opt)					
		0-3 Tbsp Ft and/or Veg (Opt)					
	8-11 mo (until 1st birthday)	6-8 oz HM or IFF					
		1-4 Tbsp Ft and/or Veg					
		2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz Cheese; 2-8 Tbsp C Ch; or 1-4 oz Ch Food or Ch Spread					
Snack	0-7 mo	4-6 oz HM or IFF					
	8-11 mo (until 1st birthday)	2-4 oz HM or IFF or Ft Juice					
		0-½ slice Bread or 0-2 Crackers (Opt)					
Supper	0-3 mo	4-6 oz HM or IFF					
	4-7 mo	4-8 oz HM or IFF					
		0-3 Tbsp IFC (Opt)					
		0-3 Tbsp Ft and/or Veg (Opt)					
	8-11 mo (until 1st birthday)	6-8 oz HM or IFF					
		1-4 Tbsp Ft and/or Veg					
		2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz Cheese; 2-8 Tbsp C Ch; or 1-4 oz Ch Food or Ch Spread					

*** Minimum quantities are listed, some infants will need more food to satisfy their hunger and to be healthy.**

Note: **Prepare the amount of breast milk the baby usually drinks at one feeding. Some babies may drink less than 4 oz. at a feeding. Offer more if the baby still seems hungry.**