

4-7 Sample Infant Menu

Child and Adult Care Food Program

Provider Name: Polly Provider

Phone Number: 688-5730

Infant Age Group(0-3, 4-7, or 8-11): 4-7 months

Cycle Month(s)/Year: Jan/Feb/March 2005

Week Number: 1 - 4

Type Formula Used, or Breastmilk : Similac w/Iron or Breast milk

Food Components	Serving Sizes			Mon	Tue	Wed	Thu	Fri	Sat	Sun
	0-3 MO	4-7 MO	8-11 MO							
Breakfast										
Breastmilk (BM) or IFIF	4-6 oz.	4-8 oz.	6-8 oz.	IFIF or BM	IFIF or BM	IFIF or BM	IFIF or BM	IFIF or BM		
IFIC	---	0-3 Tbs.*	2-4 Tbsp.	*IFIC	*IFIC	*IFIC	*IFIC	*IFIC		
Fruit or Vegetable	---	---	1-4 Tbsp.							
Lunch										
Breastmilk (BM) or IFIF	4-6 oz.	4-8 oz.	6-8 oz.	IFIF or BM	IFIF or BM	IFIF or BM	IFIF or BM	IFIF or BM		
IFIC <u>OR</u> Meat/Poultry/Fish/Egg Yolk <u>OR</u> Cooked Dry Beans/Peas <u>OR</u> Cheese <u>OR</u> Cottage Cheese/Food/Spread	---	0-3 Tbs.*	2-4 Tbsp. 1-4 Tbsp. 1-4 Tbsp.	*IFIC	*IFIC	*IFIC	*IFIC	*IFIC		
Fruit/Vegetable	---	0-3 Tbsp.*	1-4 Tbsp.	*Fruit/Veg	*Fruit/Veg	*Fruit/Veg	*Fruit/Veg	*Fruit/Veg		
Supper										
Breastmilk (BM) or IFIF	4-6 oz.	4-8 oz.	6-8 oz.							
IFIC <u>OR</u> Meat/Poultry/Fish/Egg Yolk <u>OR</u> Cooked Dry Beans/Peas <u>OR</u> Cheese <u>OR</u> Cottage Cheese/Food/Spread	---	0-3 Tbs.*	2-4 Tbsp. 1-4 Tbsp. 1-4 Tbsp.							
Fruit/Vegetable	---	0-3 Tbsp.*	1-4 Tbsp.							
Snack #1										
Breastmilk (BM), IFIF, **Juice	4-6 oz.	4-6 oz.	2-4 oz.	IFIF or BM	IFIF or BM	IFIF or BM	IFIF or BM	IFIF or BM		
Bread or Crackers	---	---	½ slice*							
Snack #2										
Breastmilk (BM), IFIF, **Juice	4-6 oz.	4-6 oz.	2-4 oz.							
Bread or Crackers	---	---	½ slice*							

IFIF – Iron Fortified Infant Formula

IFIC – Iron Fortified Infant Cereal

* These optional items will be offered and are required once the child is developmentally ready for them and the parent requests it.

** Fruit juice must be full-strength and may be served in place of formula or breastmilk to children 8-11 months of age for snack ONLY.

Fruit Choices

Peaches
Pears
Plums
Apricots
Applesauce
Bananas

Vegetable Choices

Green Beans
Peas
Sweet Potatoes
Carrots (cooked)
Squash

Meat Choices

Cracker/Bread Choices

IFIC Choices

Rice

100% Juice Choices

not allowed at this age