

Tri-Star Alliance
INFANT MENU PLANNING GUIDE

Menus for the week of: _____

Prepared by: _____

Name of Formula served:

Meal Service	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	0-5	6-11	0-5	6-11	0-5	6-11	0-5	6-11	0-5	6-11	0-5	6-11	0-5	6-11
4-8 oz. Iron-fortified formula or breast milk														
0-4 T Infant cereal and/or Meat/meat alternate*														
0-2 T Fruit/Vegetable or both*														
Lunch/Supper														
4-6 oz. Iron-fortified formula or breast milk														
0-4 T Infant cereal and/or Meat/meat alternate*														
0-2 T Fruit/Vegetable or both*														
Snack														
Iron-fortified formula or breast milk														
0-1/2 Bread slice or 0-2 crackers or 0-4 T infant cereal/ready-to-eat cereal*														
0-2 T Fruit/Vegetable or both*														

Notes:

1. Infant formula and dry infant cereal must be iron-fortified.
2. *A serving of this component is required when the infant is developmentally ready to accept it.
3. Fruit and vegetable juices must not be served.

This institution is an equal opportunity provider