

Tri-Star Alliance Week #1
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
Breakfast														
4-8 oz. Iron-fortified formula or breast milk	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz
0-4 T Infant cereal and/or Meat/meat alternate*		4 T Rice cereal		4 T Barley cereal		2 T Wheat cereal 2 T Beef		4 T Mixed cereal		4 T Oat cereal		4 T Mixed cereal		4 T Oat cereal
0-2 T Fruit/Vegetable or both*		2T Peaches		2 T Pears		2T Apple-sauce		2 T Bananas		2 T Plums		2 T Pears		2T Apple-sauce
Lunch/Supper														
4-6 oz. Iron-fortified formula or breast milk	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz
0-4 T Infant cereal and/or Meat/meat alternate*		2 T Rice cereal 2 oz Cottage Cheese		2 T Barley cereal 2T Chicken		2 T Wheat cereal 2 T Beef		4 T Mixed cereal		2 T Oat cereal 2 T Turkey		4 T Mixed cereal		2 T Oat cereal 2 T Turkey
0-2 T Fruit/Vegetable or both*		2 T Green Beans		2 T Apple-sauce		2 T Peas		2 T Carrots		2 T Carrots		2 T Squash		2 T Peas
Snack														
Iron-fortified formula or breast milk	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz
0-1/2 Bread slice or 0-2 crackers or 0-4 T infant cereal/ready-to-eat cereal*		2 Crackers		2 Crackers		1/2 Biscuit		2 Cheese Crackers		1/2 Slice Toast		1/2 Slice Toast		1/2 Slice Toast
0-2 T Fruit/Vegetable or both*		2T Peaches		2 T Pears		2T Apple-sauce		2 T Bananas		2 T Plums		2 T Squash		2 T Peas

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

Tri-Star Alliance Week #2
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
Breakfast														
4-8 oz. Iron-fortified formula or breast milk	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz
0-4 T Infant cereal and/or Meat/meat alternate*		4 T Oat cereal		4 T Rice cereal		2 T Byerly cereal 2 T Beef		4 T Mixed cereal		4 T Oat cereal		2 T Mixed cereal 2 oz. Yogurt		4 T Rice cereal
0-2 T Fruit/Vegetable or both*		2T Bananas		2 T Peaches		2T Pears		2 T Plumbs		2 T Applesauce		2 T Pears		2T Apple-sauce
Lunch/Supper														
4-6 oz. Iron-fortified formula or breast milk	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz
0-4 T Infant cereal and/or Meat/meat alternate*		2 T Whole Wheat 2 T Ham		4 T Oat cereal		2 T Rice cereal 2 T Turkey		4 oz Cottage Cheese		2 T Mixed cereal 2 oz Yogurt		4 T Mixed cereal		2 T Oat cereal 2 T Turkey
0-2 T Fruit/Vegetable or both*		2 T Carrots		1 T Green Beans 1 T Pears		2 T Apple-sauce		2 T Peaches		2 T Mixed Vegetables		2 T Squash		2 T Peas
Snack														
Iron-fortified formula or breast milk	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz
0-1/2 Bread slice or 0-2 crackers or 0-4 T infant cereal/ready-to-eat cereal*		2 Crackers		2 Crackers		1/2 Biscuit		4 T Mixed cereal		1/2 Slice Toast		2 Cheese Crackers		1/2 Slice Toast
0-2 T Fruit/Vegetable or both*		2T Apple-sauce		2 T Pears		2T Apple-sauce		2 T Bananas		2 T Peaches		2 T Squash		2 T Peas

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Tri-Star Alliance Week #3
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
Breakfast														
4-8 oz. Iron-fortified formula or breast milk	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz
0-4 T Infant cereal and/or Meat/meat alternate*		4 T Rice cereal		4 T Barley cereal		2 T Oat cereal 2 T Beef		4 T Mixed cereal		2 T Whole Wheat 2 T Turkey		4 T Mixed cereal		4 T Oat cereal
0-2 T Fruit/Vegetable or both*		2T Pears		2 T Plums		2T Banana		2 T Peaches		2 T Apple-sauce		2 T Pears		2T Apple-sauce
Lunch/Supper														
4-6 oz. Iron-fortified formula or breast milk	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz
0-4 T Infant cereal and/or Meat/meat alternate*		2 T Rice cereal 2 T Turkey		4 T Mixed cereal		2 T Rice cereal 2 oz Cottage Cheese		2 T Barley cereal 2 T Beef		2 T Oat cereal 2 T Beef		4 T Mixed cereal		2 T Oat cereal 2 T Turkey
0-2 T Fruit/Vegetable or both*		2 T Banana		2 T Squash		2 T Apple-sauce		2 T Mixed Vegetables 1 T Pears		2 T Appricots		2 T Squash		2 T Peas
Snack														
Iron-fortified formula or breast milk	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz
0-1/2 Bread slice or 0-2 crackers or 0-4 T infant cereal/ready-to-eat cereal*		1/2 Slice Toast		2 Crackers		1/2 English Muffin		1/2 Sl Wheat Toast		2 Cheese Crackers		2 Crackers		1/2 Slice Toast
0-2 T Fruit/Vegetable or both*		2T Peaches		2 T Pears		2T Apple-sauce		2 T Bananas		2 T Plums		2 T Squash		2 T Peas

Notes:

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Tri-Star Alliance Week #4
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
Breakfast														
4-8 oz. Iron-fortified formula or breast milk	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz
0-4 T Infant cereal and/or Meat/meat alternate*		4 T Mixed cereal		4 T Barley cereal		4 T Wheat cereal		2 T Oat cereal 2 oz. yogurt		4 T Rice cereal		4 T Mixed cereal		4 T Oat cereal
0-2 T Fruit/Vegetable or both*		2T Bananas		2 T Peaches		2T Plums		2 T Apple-sauce		2 T Pears		2 T Peaches		2T Apple-sauce
Lunch/Supper														
4-6 oz. Iron-fortified formula or breast milk	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz	4 oz	6 oz
0-4 T Infant cereal and/or Meat/meat alternate*		1 whole Egg		4 T Mixed cereal		4 T Beef		4 T Mixed cereal		2 oz cottage cheese 2 T Turkey		4 T Mixed cereal		2 T Oat cereal 2 T Turkey
0-2 T Fruit/Vegetable or both*		2 T Carrots		1 T Mixed Vegetables 1 T Appricots		2 T Green Beans		2 T Sweet Potatoes		2 T Peas		2 T Squash		2 T Mixed Vegetables
Snack														
Iron-fortified formula or breast milk	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz	4 oz	2 oz
0-1/2 Bread slice or 0-2 crackers or 0-4 T infant cereal/ready-to-eat cereal*		1/2 Slice Toast		2 Crackers		1/2 Biscuit		4T Cherrios		2 Crackers		1/2 Slice Toast		1/2 Slice Toast
0-2 T Fruit/Vegetable or both*		2T Peaches		2 T Pears		2T Apple-sauce		2 T Bananas		2 T Plums		2 T Squash		2 T Peas

Notes:

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