

# Infant Meal Planning Guide for 6 through 11 Months

Week of: July 20-24

Name: \_\_\_\_\_ A Kid's World CACFP Infant Menu

Meal Component	Min. Serving Size	Day of Week				
	6 through 11 mo.	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breast Milk/ Gerber Good Start</b>						
Breast Milk or Formula*	6-8 fl. oz.†	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start
Fruit/Vegetable**	1-4 tbsp.	Mango	Pears	Banana	Applesauce	Mango
Infant Cereal*	2-4 tbsp.	Multi grain Gerber cereal	Multi grain Gerber cereal	Multi grain Gerber cereal	Multi grain Gerber cereal	Multi grain Gerber cereal
<b>Lunch/Supper</b>						
Breast Milk or Formula*	6-8 fl. oz.†	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start
Fruit/Vegetable**	1-4 tbsp.	Peas	Green Bean	Applesauce	<i>Butternut Squash</i>	Banana
Infant Cereal*	2-4 tbsp.	Multi grain Gerber cereal	Multi grain Gerber cereal	Multi grain Gerber cereal	Multi grain Gerber cereal	Multi grain Gerber cereal
Meat/Alternate§ <ul style="list-style-type: none"> <li>• Meat, Poultry, Fish, Egg Yolk, Cooked Dry Beans or Peas</li> <li>• Cheese</li> <li>• Cottage Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 1-4 tbsp.</li> <li>• ½-2 oz.</li> <li>• 1-4 oz.</li> </ul>	Ham and Gravy	Turkey and Gravy	Beef and Gravy	Chicken and Gravy	Black-eyed Peas
<b>PM Snack</b>						
Breast Milk or Formula*	2-4 fl. oz. †	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start
Fruit/ Vegetable	1-4 tbsp	Blueberry	Sweet Potatoes	Mango	Pears	Applesauce
Bread/Cracker	0-½ slice, or 0-2 crackers	Mozzarella sticks	Teething Wheels	Muffins	Arrowroot Biscuits	Lil Crunchies

\* Infant formula and infant cereal must be iron-fortified.

† Breast milk or formula, or portions of both, may be served. It is recommended that breast milk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.

\*\* A developmentally appropriate consistency is provided (pureed, mashed, chopped, etc.).

§ At lunch/supper, either infant cereal OR meat/alternate, or both, may be served.