

# Infant Meal Planning Guide for 6 through 11 Months

Week of: October 12-16, 2020

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 Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula
Fruit/Vegetable**	1-4 tbsp.	Mango	Peaches	Apple	Blueberry	Mashed Banana
Infant Cereal*	2-4 tbsp.	WG Gerber Good Start cereal	WG Gerber Good Start cereal	WG Gerber Good Start cereal	WG Gerber Good Start cereal	WG Gerber Good Start cereal
<b>Lunch/Supper</b>						
Breast Milk or Formula*	6-8 fl. oz.†	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula
Fruit/Vegetable**	1-4 tbsp.	Peaches	Turnip Greens	Green Beans	<i>Peas and Carrots</i>	Pears
Infant Cereal*	2-4 tbsp.	WG Gerber Good Start Cereal	WG Gerber good start cereal	WG Gerber Good Start Cereal	WG Gerber Good start Cereal	WG Gerber Good start Cereal
Meat/Alternate§ • Meat, Poultry, Fish, Egg Yolk, Cooked Dry Beans or Peas • Cheese • Cottage Cheese	Grilled Cheese	Ham	Turkey	Chicken	Beef	Tuna
<b>PM Snack</b>						
Breast Milk or Formula*	2-4 fl. oz. †	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula
Fruit/ Vegetable	1-4 tbsp	Apples	Sweet Potato	Applesauce	Mashed Banana	Pears
Bread/Cracker	0-½ slice, or 0-2 crackers	WG Lil Crunchies	WG strawberry puffs	WG Teething Biscuits	WG Arrowroot biscuit	WG Banana Puffs

\* 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.