

Infant Meal Planning Guide
A Kid's World

Week of: Nov. 16-20, 2020

Name: Menu: 6 through 11 Months

Phone number: 770-786-1587

Meal Component	Min. Serving Size	Day of Week				
	6 through 11 mo.	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast						
Breast Milk or Formula*	6-8 fl. oz.†	Breast milk or Formol	Breast milk or Formal	Breast milk or Formula	Breast milk or Formula	Breast milk or Formula
Fruit/Vegetable**	1-4 tbsp.	<i>Applesauce</i>	Mango	Banana	Pear	Melon
Infant Cereal*	2-4 tbsp.	Iron-fortified multi grain Gerber cereal	Iron-fortified multigrain Gerber cereal	Iron-fortified multigrain Gerber cereal	Iron-fortified multigrain Gerber Cereal	Iron-fortified multigrain Gerber Cereal
Iron-fortified multi grain Gerber cereal						
Breast Milk or Formula*	6-8 fl. oz.†	Breast milk or Formula	Breast milk or Formula	Breast milk or Formula	Breast milk or Formula	Breast milk or Formula
Fruit/Vegetable**	1-4 tbsp.	Zucchini, Squash	Sweet Peas	Carrot	Green Beans	Mexican Corn
Infant Cereal*	2-4 tbsp.	Iron-fortified multi grain Gerber cereal	Iron-fortified multi grain Gerber cereal	Iron-fortified multi grain Gerber cereal	Iron-fortified multi grain Gerber cereal	Iron-fortified multi grain Gerber cereal
Meat/Alternate§ • Meat, Poultry, Fish, Egg Yolk, Cooked Dry Beans or Peas • Cheese • Cottage Cheese	• 1-4 tbsp. • ½-2 oz. • 1-4 oz.	Veggie Crumble	Turkey	Wow Butter and Jelly Sandwich	Ham	Cheese Quesadilla
PM Snack						
Breast Milk or Formula*	2-4 fl. oz. †	Breast milk or Formula	Breast milk or Formula	Breast milk or Formula	Breast milk or Formula	Breast milk or Formula
(or) Juice <i>Not needed if breast milk or formula is served</i>	2-4 fl. oz.	Strawberry	Apple	Peach	Pear	Blueberry
Bread/Cracker	0-½ slice, or 0-2 crackers	Crackers	Puffs	Muffin	Graham Cracker	WG Bread Sticks

* 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.