

Menu Planning Worksheet for Infants
 For each day of the week, write down the menus for the meal served.

Name of Child Care Facility: _____ ✓Menu Planning Age Group(s): _____ 0-5 mos _____ 6-11 mos Week of _____ 20_____

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Infant meal pattern food components:							
	Breastmilk and/or Formula							
	Vegetable and/or Fruit							
	Infant Cereal and/or Meat/Meat Alternate							
LUNCH	Breastmilk and/or Formula							
	Vegetable and/or Fruit							
	Cereal and/or Meat/Meat Alternate							
SNACK	Breastmilk and/or Formula							
	Vegetable and/or Fruit							
	Bread, Crackers, Infant Cereal, and/or Ready-to-eat Cereal							

Refer to Meal Pattern for Infants for serving size and appropriate foods when planning menus.

MENUS MUST BE POSTED AND MAINTAINED ON FILE!