



Infant Menu - Birth through 3 months

Child's Name: _____ Date of Birth: _____ Age in Months: _____

For the week of:
(month and days) _____

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast	Portion Size	Breakfast	Portion Size	Breakfast	Portion Size	Breakfast	Portion Size	Breakfast	Portion Size
Formula 1 or Breast Milk 2-3	4 - 6 fl. oz.	Formula 1 or Breast Milk 2-3	4 - 6 fl. oz.	Formula 1 or Breast Milk 2-3	4 - 6 fl. oz.	Formula 1 or Breast Milk 2-3	4 - 6 fl. oz.	Formula 1 or Breast Milk 2-3	4 - 6 fl. oz.
Lunch	Portion Size	Lunch	Portion Size	Lunch	Portion Size	Lunch	Portion Size	Lunch	Portion Size
Formula 1 or Breast Milk 2-3	4 - 6 fl. oz.	Formula 1 or Breast Milk 2-3	4 - 6 fl. oz.	Formula 1 or Breast Milk 2-3	4 - 6 fl. oz.	Formula 1 or Breast Milk 2-3	4 - 6 fl. oz.	Formula 1 or Breast Milk 2-3	4 - 6 fl. oz.
Snack	Portion Size	Snack	Portion Size	Snack	Portion Size	Snack	Portion Size	Snack	Portion Size
Formula 1 or Breast Milk 2-3	4 - 6 fl. oz.	Formula 1 or Breast Milk 2-3	4 - 6 fl. oz.	Formula 1 or Breast Milk 2-3	4 - 6 fl. oz.	Formula 1 or Breast Milk 2-3	4 - 6 fl. oz.	Formula 1 or Breast Milk 2-3	4 - 6 fl. oz.

Portion size is the **minimum** to be offered, Infants are to be fed on demand. Offer more formula or breast milk and more often, if needed.

Document each food fed to a child, the amounts given, and the times fed on the Daily Infant Activity Record.

- (1) Infant formula and dry infant cereal shall be iron-fortified.
- (2) It is recommended that breast milk be served in place of formula from birth through 11 months.
- (3) For some breast-fed 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.