

INFANT MENU – 8-12 MONTHS

SUNDAY                      MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY                      SATURDAY

Choices-meat=chicken, beef, pork, turkey. Cereal-iron fortified infant cereals. Fruits-applesauce, pears, peaches, bananas. Vegetables-green beans, carrots, squash, sweet potatoes, peas, beets.

Breakfast	Formula					
	Infant cereal					
	Fruit/veg.					
Lunch	Formula					
	Fruit/veg					
	Meat/cereal					
Snack	Juice or formula					
	Bread or crackers (optional)					

