

Not all infants require solids at 4 months. Check with parents before introducing solid food to infants.

6 WK THROUGH 3 MOS	4 THRU 7 MONTHS	8 THRU 11 MONTHS	Date:																		
	4-6 OZ. FORMULA OR BREAST MILK	BREAKFAST																			
4-8 oz. formula or breast milk 0-3 Tbsp infant cereal (opt)		6-8 oz formula or breast milk <u>AND</u> 2-4 Tbsp infant cereal <u>AND</u> 1-4 Tbsp fruit/vegetable																			
A.M. SNACK																					
4-6 oz. formula or breast milk 0-1/2 bread or 1-2 crackers (opt)		2-4 oz. formula or breast milk or full strength fruit juice 0-1/2 bread or 1-2 crackers (opt)																			
LUNCH																					
4-8 oz. formula or breast milk 0-3 Tbsp infant cereal (opt) 0-3 Tbsp fruit/vegetable (opt)		6-8 oz. formula or breast milk <u>AND</u> 1-4 Tbsp fruit/vegetable <u>AND one of the following items</u> 2-4 Tbsp infant cereal, 1-4 Tbsp meat, fish, poultry, egg																			
P.M. SNACK																					
4-6 oz. formula or breast milk 0-1/2 bread or 1-2 crackers (opt)		2-4 oz. formula or breast milk or full strength fruit juice 0-1/2 bread or 1-2 crackers (opt)																			
DINNER																					
4-8 oz. formula or breast milk 0-3 Tbsp infant cereal (opt) 0-3 Tbsp fruit/vegetable (opt)		6-8 oz. formula or breast milk <u>AND</u> 1-4 Tbsp fruit/vegetable <u>AND one of the following items</u> 2-4 Tbsp infant cereal, 1-4 Tbsp meat, fish, poultry, egg																			
LATE NIGHT SNACK																					
4-6 oz. formula or breast milk 0-1/2 bread or 1-2 crackers (opt)		2-4 oz. formula or breast milk or full strength fruit juice 0-1/2 bread or 1-2 crackers (opt)																			

Provider Name: