

6wk Through 3 Mos	4 THRU 7 MONTHS	8 THRU 11 MONTHS	DATE:																
	Breakfast																		
	4-8 OZ. formula or breast milk 0-3 Tbsp infant cereal (opt)	6-8 oz formula or breast milk AND 2-4 Tbsp infant cereal AND 1-4 Tbsp fruit/vegetable																	
A.M. Snack																			
	4-6 oz. formula or breast milk	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 AND 1-4 Tbsp fruit/vegetable AND one of the following items: 2-4 Tbsp infant cereal, 1-4 Tbsp meat, fish, poultry, egg yolk, 1/2-1 oz. cheese, 1-4 Tbsp cooked legumes																	
P.M. SNACK																			
	4-6 oz. formula or breast milk	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 AND 1-4 Tbsp fruit/vegetable AND one of the following items: 2-4 Tbsp infant cereal, 1-4 Tbsp meat, fish, poultry, egg yolk, 1/2-1 oz. cheese, 1-4 Tbsp cooked legumes																	
LATE SNACK																			
	4-6 oz. formula or breast milk	2-4 oz. formula or breast milk or full strength fruit juice 0-1/2 bread or 1-2 crackers (opt)																	

4-6 OZ. FORMULA OR BREAST MILK

Provider Name: _____