

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

Name of Child Care Facility: THE KIDZ HOUSE Menu Planning Age Group(s): 0-3 4-7 8-11 Week of _____ 20__

SNACK	LUNCH		BREAKFAST			
	Infant meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bread/Crackers	Breastmilk/Formula	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk
Fruit Juice	Vegetable/Fruit	apple Str	Pear Str.	sweet potatoes	Banana Str	cottage cheese
	Meat/Meat Alternate	Rice	Rice	oatmeal	Mixed	oatmeal
	Cereal	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk
		Rice	Rice	Mixed	Mixed	oatmeal
		Chicken Str	Beans Str	Turkey	egg	Cottage Cheese
		Squash Str	Carrots Str	Green Beans	Malanga	Sweet peas Str
		Breast milk	Breast milk	Breast milk	Breast milk	Breast milk
		baby cereal	Crackers	cherrios	Green Beans	mixed cereal