

# Infant Meal Planning Guide for 8 through 11 Months

Week of: \_\_\_\_\_

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Meal Component	Min. Serving Size	Day of Week				
	8 through 11 mo.	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>						
Breast Milk or Formula*	6-8 fl. oz. †					
Fruit/Vegetable**	1-4 tbsp.					
Infant Cereal*	2-4 tbsp.					
<b>Lunch/Supper</b>						
Breast Milk or Formula*	6-8 fl. oz. †					
Fruit/Vegetable**	1-4 tbsp.					
Infant Cereal*	2-4 tbsp.					
Meat/Alternate <sup>§</sup> <ul style="list-style-type: none"> <li>• Meat, Poultry, Fish, Egg Yolk, Cooked Dry Beans or Peas</li> <li>• Cheese</li> <li>• Cottage Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 1-4 tbsp.</li> <li>• ½-2 oz.</li> <li>• 1-4 oz.</li> </ul>					
<b>PM Snack</b>						
Breast Milk or Formula*	2-4 fl. oz. †					
(or) Juice <i>Not needed if breast milk or formula is served</i>	2-4 fl. oz.					
Bread/Cracker	0-½ slice, or 0-2 crackers					

\* Infant formula and infant cereal must be iron-fortified.

† Breast milk or formula, or portions of both, may be served. It is recommended that breast milk be served in place of formula from birth through 11 months. For some breastfed 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.

\*\* A developmentally appropriate consistency is provided (pureed, mashed, chopped, etc.).

§ At lunch/supper, either infant cereal OR meat/alternate, or both, may be served.