

Menu Planner: Infants, Birth to 12 Months



Week of _____

Year _____

Meal _____

Breakfast, Lunch, and Supper

- Only offer solid foods to infants if they are developmentally ready.

Minimum Serving Size, based on age:

Components	Birth – 5 Months	6 – 12 Months
Breastmilk or Infant Formula and	4 - 6 fluid ounces	6 - 8 fluid ounces
Grains or Meat/Meat alternates, or a combination	None	When developmentally ready, a single serving or combination of the following is required: <ul style="list-style-type: none"> • Infant Cereal: 0 – ½ ounce equivalent (4 Tablespoons) or • Meat, poultry, egg, fish, cooked dry peas or beans: 0 - 4 Tablespoons or • Cheese: 0 - 2 ounces or • Cottage cheese: 0 - 4 ounces (volume) or • Yogurt: 0 - 4 ounces
Vegetable, Fruit, or a combination of both	None	0 - 2 Tablespoons

Breakfast, Lunch, Supper	Monday	Tuesday	Wednesday	Thursday	Friday
Breastmilk or Infant Formula					
Grains or meat/ meat alternates, or a combination					
Vegetables, Fruit, or Both					

Week of

Year

Snack: • Only offer solid foods to infants if they are developmentally ready.

Minimum Serving Size, based on age:

Components	Birth – 5 Months	6 – 12 Months
Breastmilk or Infant Formula and	4 - 6 fluid ounces	2 - 4 fluid ounces
Grain	None	When developmentally ready, a single serving or combination of the following is required: <ul style="list-style-type: none"> • Infant Cereal: 0 - ½ ounce equivalent (4 Tablespoons) • Bread: 0 - ½ ounce equivalent (½ slice) • Crackers: 0 – ¼ ounce equivalent • Ready-to-eat breakfast cereal: 0 - ¼ ounce equivalent <ul style="list-style-type: none"> • flakes or rounds: ¼ cup or 4 Tablespoons • puffed: ½ cup or 5 Tablespoons
Vegetables, fruit, or a combination of both	None	0 - 2 Tablespoons

Snack	Monday	Tuesday	Wednesday	Thursday	Friday
Breastmilk or Infant Formula					
Grain					
Vegetables, Fruit, or Both					

For more information, visit:

- Refer to the CACFP Meal Pattern Requirements for infants for more information.
- The USDA Food and Nutrition Services website for [CACFP Training Tools](#)
- The USDA [Food Buying Guide](#)



The USDA and MSDE are equal opportunity providers and employers.

This project was funded using U.S. Department of Agriculture grant funds. September 2021.

www.eatsmartmaryland.org | 410-767-0199