

Infant menu ages 8 – 12 months

	Breakfast	Lunch	Afternoon snack
Monday	Breast milk or Iron-fortified formula 2-4 TBSP Iron- fortified Infant Cereal Jar of infant peaches	Breast milk or Iron-fortified formula Green Beans Infant whole grain cereal	Breast milk or Iron-fortified formula Cheerios
Tuesday	Breast milk or Iron-fortified formula 2-4 TBSP Iron- fortified Infant Cereal Jar of infant applesauce	Breast milk or Iron-fortified formula Sweet Potato Infant rice cereal or infant Turkey	Breast milk or Iron-fortified formula Arrowroot Cookie
Wednesday	Breast milk or Iron-fortified formula 2-4 TBSP Iron- fortified Infant Cereal Jar of infant bananas	Breast milk or Iron-fortified formula Squash Infant rice cereal or Infant Chicken	Breast milk or Iron-fortified formula Teething Biscuit
Thursday	Breast milk or Iron-fortified formula 2-4 TBSP Iron- fortified Infant Cereal Jar of infant pears	Breast milk or Iron-fortified formula Peas Infant Whole grain cereal or cut up cheese	Breast milk or Iron-fortified formula Cheerios
Friday	Breast milk or Iron-fortified formula 2-4 TBSP Iron- fortified Infant Cereal Jar of infant apple blueberry	Breast milk or Iron-fortified formula Carrots Infant rice cereal or Infant Beef	Breast milk or Iron-fortified formula Whole Grain Crackers