

New Infant Meal Pattern Menu *

5 weeks of menus to simplify menu planning that match the child menu to save time and money!

**Menu for infants as they are developmentally ready for solid foods*

Week 1

Breakfast		Monday	Tuesday	Wednesday	Thursday	Friday
	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	IFIC/MMA	IFIC	IFIC	IFIC	IFIC	IFIC
	Fruit/Vegetable	Applesauce	Peaches	Pears	Banana	Applesauce
AM Snack	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	Bread/Cracker/Cereal	Crackers	Bread	Crackers	Cheerios	Bread
	Fruit/Vegetable	Peas	Banana	Carrots	Mixed Vegetables	Mixed Fruit
Lunch	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	IFIC/MMA	Yogurt	Turkey	Chicken	Black Beans	Cottage Cheese
	Fruit/Vegetable	Mixed Fruit	Broccoli	Sweet Potatoes	Peaches	Peas
PM Snack	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	Bread/Cracker/Cereal	Cheerios	Crackers	Cheerios	Bread	Crackers
	Fruit/Vegetable	Carrots	Mixed Vegetables	Applesauce	Sweet Potatoes	Green Beans

Week 2

Breakfast		Monday	Tuesday	Wednesday	Thursday	Friday
	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	IFIC/MMA	IFIC	IFIC	IFIC	IFIC	IFIC
	Fruit/Vegetable	Peaches	Sweet Potatoes	Banana	Pears	Applesauce
AM Snack	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	Bread/Cracker/Cereal	Crackers	Cheerios	Bread	Crackers	Crackers
	Fruit/Vegetable	Green Beans	Applesauce	Carrots	Mixed Vegetables	Peas
Lunch	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	IFIC/MMA	Turkey	Yogurt	Chicken	Beef	Chicken
	Fruit/Vegetable	Potatoes	Mixed Vegetables	Squash	Mixed Fruit	Green Beans
PM Snack	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	Bread/Cracker/Cereal	Cheerios	Bread	Crackers	Cheerios	Bread
	Fruit/Vegetable	Banana	Pears	Applesauce	Carrots	Mixed Fruit



Week 3

Breakfast		Monday	Tuesday	Wednesday	Thursday	Friday
	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	IFIC/MMA	IFIC	IFIC	IFIC	IFIC	IFIC
	Fruit/Vegetable	Banana	Applesauce	Mixed Fruit	Peaches	Pears
AM Snack	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	Bread/Cracker/Cereal	Bread	Cheerios	Bread	Cheerios	Crackers
	Fruit/Vegetable	Peaches	Banana	Squash	Peas	Mixed Vegetable
Lunch	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	IFIC/MMA	Chicken	Yogurt	Eggs	Ham	Beef
	Fruit/Vegetable	Mixed Vegetable	Broccoli	Banana	Green Beans	Carrots
PM Snack	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	Bread/Cracker/Cereal	Bread	Crackers	Cheerios	Crackers	Bread
	Fruit/Vegetable	Sweet Potato	Carrots	Mixed Vegetable	Applesauce	Mixed Fruit

Week 4

Breakfast		Monday	Tuesday	Wednesday	Thursday	Friday
	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	IFIC/MMA	IFIC	IFIC	IFIC	IFIC	IFIC
	Fruit/Vegetable	Pears	Banana	Applesauce	Mixed Vegetables	Peaches
AM Snack	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	Bread/Cracker/Cereal	Crackers	Cheerios	Bread	Crackers	Bread
	Fruit/Vegetable	Mixed Vegetable	Squash	Carrots	Mixed Fruit	Pears
Lunch	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	IFIC/MMA	Chicken	Beef	Yogurt	Eggs	Turkey
	Fruit/Vegetable	Carrots	Applesauce	Peas	Green Beans	Peas
PM Snack	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	Bread/Cracker/Cereal	Bread	Crackers	Cheerios	Bread	Cheerios
	Fruit/Vegetable	Applesauce	Green Beans	Mixed Fruit	Pears	Mixed Vegetables

Week 5

Breakfast		Monday	Tuesday	Wednesday	Thursday	Friday
	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	IFIC/MMA	IFIC	IFIC	IFIC	IFIC	IFIC
	Fruit/Vegetable	Pears	Banana	Sweet Potato	Applesauce	Peaches
AM Snack	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	Bread/Cracker/Cereal	Bread	Crackers	Crackers	Cheerios	Crackers
	Fruit/Vegetable	Mixed Fruit	Green Beans	Mixed Vegetables	Peas	Carrots
Lunch	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	IFIC/MMA	Chicken	Cottage Cheese	Black Beans	Ham	Yogurt
	Fruit/Vegetable	Mashed Potatoes	Applesauce	Peaches	Pears	Green Beans
PM Snack	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF	BM/IFIF
	Bread/Cracker/Cereal	Crackers	Cheerios	Crackers	Bread	Cheerios
	Fruit/Vegetable	Carrots	Squash	Banana	Mixed Vegetables	Applesauce