

DATE

B R E A K F A S T	IRON FORTIFIED INFANT CEREAL 8-11 MONTHS					
	FRUIT OR VEGETABLE 8-11 MONTHS					
	IRON FORTIFIED INFANT CEREAL 4-7 MONTHS					
	BREAST MILK OR FORMULA					

A M S N A C K	BREAD OR ALTERNATE 8-11 MONTHS					
	JUICE 8-11 MONTHS					
	BREAST MILK OR FORMULA					

L U N C H	MEAT/ALTERNATE OR INFANT CEREAL 8 - 11 MONTHS					
	FRUIT OR VEGETABLE 8-11 MONTHS					
	IRON FORTIFIED INFANT CEREAL 4-7 MONTHS					
	FRUIT OR VEGETABLE 4 - 7 MONTHS					
	BREAST MILK OR FORMULA					

P M S N A C K	BREAD OR ALTERNATE 8-11 MONTHS					
	JUICE 8-11 MONTHS					
	BREAST MILK OR FORMULA					

D I N N E R	MEAT/ALTERNATE OR INFANT CEREAL 8 - 11 MONTHS					
	FRUIT OR VEGETABLE 8-11 MONTHS					
	IRON FORTIFIED INFANT CEREAL 4-7 MONTHS					
	FRUIT OR VEGETABLE 4 - 7 MONTHS					
	BREAST MILK OR FORMULA					

P M S N A C K	BREAD OR ALTERNATE 8-11 MONTHS					
	JUICE 8-11 MONTHS					
	BREAST MILK OR FORMULA					