



WEEKLY MENU SAMPLES

For

Babies (4) 6 - 12

Months Old

Sample Baby Food Menu for Beginning Solid Food Feedings

(4)6-8 Month old Infants

Feeding Hints:

Start out slowly, preparing a tablespoon sized portion of whatever food you have chosen to begin with.

You will probably only manage to have baby eat 1/2 of the tablespoon sized portion the very first times you begin solids.

Don't fret if your baby does not "finish" a meal.

Many parents find their babies will push the food out of their mouths on the first few tries. This is normal however it may also indicate that your baby is not yet **ready for solid foods**. Only you know your baby and will be able to decide if baby is truly ready for solids.

As your baby becomes accustomed to eating solids, you will gradually increase the portion sizes. Do NOT force your baby to eat solid foods!

Gradually increase the amount of solids as baby gets older and is accustomed to eating solid foods. Offer your baby 1 or 2 food cubes of each item as your baby indicates she is ready for.

Remember the **"4 day wait rule"**! The menu suggestions assume that you have introduced the stated foods and that you have waited the proper time period to detect an allergic reaction.

This baby and infant menu sample is for example/idea purposes. It outlines examples and shows ideas for baby solid foods only. It does not account for, nor does it list, baby's total daily Breast Milk or Formula intake. See a "Suggested "Milk" chart for baby below.

Always consult your pediatrician if you feel your baby is not receiving proper amounts of either milk or solid foods.



It is important to note that not all babies will be eating the same amounts nor will they be eating the same foods due to the differing ages that babies start solid foods!

You should look to charts and schedules *as examples and for ideas* about feeding your baby; following a chart or offered schedule may not be suitable for your baby!

For example, there are many infants who may eat 4-6 ounces of food per day at 6 or 7 months old while others who are just starting solids at this age may be within the 1-2 ounce range.

Breast Milk and/or Formula are **THE MOST IMPORTANT** source of nutrition for your infant up to 12 months old!! Solids play a larger nutritional roll between 9-10 months old. Do NOT replace a nursing or bottle-feeding with a solid food meal and do not feed the solids first:



until you thoroughly discuss a new feeding schedule with your pediatrician and



until your pediatrician indicates that replacing "milk" with solid food feeding(s) is right for your baby!!

Many breastfeeding moms supplement with formula as their milk supply may be low for a variety of reasons. We give kudos to those moms who continue to hang in there and offer their babies breast milk while supplementing! Hooray for you! You will find our menu samples include the use of both breast milk and formula, separately and together as a total "meal" solution!

Sample Menus for Feeding Babies Solid Foods

STARTING SOLID FOODS Remember: You will probably only manage to have baby eat 1/2 of the tablespoon sized portion the very first times you begin solids.	WEEK 1 Offer these foods for 3 or 4 days then move to another food Try 1 tablespoon for the first feedings!	WEEK 2 Offer these foods for 3 or 4 days then move to another food Continue with feeding small amounts as baby will still be getting used to solid foods	WEEK 3 Offer these foods for 3 or 4 days then move to another food Continue feeding small amounts.	WEEK 4 Offer these foods for 3 or 4 days then move to another food Baby may be on a wider variety of foods now. Try mixing those acceptable foods!	WEEK 5 Offer these foods for 3 or 4 days then move to another food	HINTS: Start solids in the morning or mid-afternoon! If your baby has any type of reaction, either allergic or with tummy troubles, you will have all day to deal with it.
	BREAST MILK and/or FORMULA Breast Milk and/or Formula as usual throughout the night and day	Breast Milk and/or Formula as usual throughout the night and day	Breast Milk and/or Formula as usual throughout the night and day	Breast Milk and/or Formula as usual throughout the night and day	Breast Milk and/or Formula as usual throughout the night and day	Breast Milk and/or Formula as usual throughout the night and day
5 WEEKS of Solids	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	
BREAKFAST	Avocado and/or Sweet Potato Starting with Rice Cereal - is it necessary? Read our Cereal FAQs	Banana and/or Pears OR Avocado or Sweet Potato	Butternut Squash and/or Apples OR Avocado, Bananas, Pears or Sweet Potatoes	Green Beans and/or Rice Cereal	Peaches OR Green Beans, Rice Cereal Butternut Squash, Avocado, Bananas, Pears or Sweet Potatoes or Apples	HINTS: Starting solids at bedtime runs the risk of disrupting baby's sleeping schedule as her body learns to digest the new foods!

Sample Menus for Feeding Babies Solid Foods

MID-AFTERNOON MEAL - if desired

Avocado and/or Sweet Potato

Bananas and/or Pears

Butternut Squash, Avocado, Bananas, Pears or Sweet Potatos or Apples

Green Beans or Rice Cereal

OR
Butternut Squash, Avocado, Bananas, Pears or Sweet Potatos or Apples

Peaches OR

Green Beans, Rice Cereal Butternut Squash, Avocado, Bananas, Pears or Sweet Potatos or Apples

Once you have introduced a variety of foods, you can then make baby "meals" and combination foods!



Solid Foods at this stage are for practice only and should NOT replace breast milk and/or formula feedings!

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAST MILK and/or FORMULA	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula
CEREAL/GRAIN (Optional)**	Oatmeal Cereal	Rice Cereal	Oatmeal & Rice Cereal Mixed	Barley	Oatmeal, Rice, Barley Cereal Mix	Oatmeal & Rice Cereal Mixed	Barley or Oatmeal Cereal
FRUIT or VEGETABLE (Optional)**	Avocado	Bananas	Applesauce	Peaches	Pears	Avocado	Peaches

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Sample Menus for Feeding Babies Solid Foods





LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREASTMILK and/or FORMULA	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula
INFANT CEREAL (Optional)**	Rice Cereal	Barley Cereal	Tofu (mashed) with Wheat Germ* or Oatmeal, Rice, Barley Cereal Mix	Split Peas or Lentils * or Rice Cereal	Chicken and Rice* or Barley Cereal	Rice & Oatmeal Cereal	Barley & Oatmeal
FRUIT and/or VEGETABLE (Optional)**	Sweet Potato or Applesauce	Acorn Squash or Pears	Peas or Bananas	Green Beans or Avocado	Pumpkin and/or Sweet Potatoes	Peaches or Pears	Applesauce or Squash

* Protein and Meat Foods should be given only with the recommendation of your Pediatrician and/or when baby is 8 months or older. Mix Foods that You Have Already Introduced for a Variety of Nutrients, Tastes & Textures!

DINNER or SNACK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREASTMILK and/or FORMULA	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula
INFANT CEREAL (Optional)**							
FRUIT and/or VEGETABLE (Optional)**	Pear Sauce	Vegetable Mix	Peaches	Applesauce	Squash	Green Beans	Pears

** (Optional) accounts for the fact that not all babies between (4)6-8 months of age will be eating "meals" of any or all of the suggested foods at a given mealtime!*

Sample Menus for Feeding Babies Solid Foods

Suggested Daily "Milk" Intake for Infants Aged:	Breast Milk	Iron - Fortified Formula	Dairy
 0-3 months	every 1-3 hrs	18-40 oz	none
 4-5 months	every 2-4 hrs	24-45 oz	none
 6-8 months	every 3-4 hrs	24-37 oz	none
 9-12 months	every 4-5 hrs	24-31 oz	Small amounts - yogurt or cheese

Sample Menus for Feeding Babies Solid Foods

8 - 10 Month old Infants

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAST MILK and/or FORMULA	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula
PROTEIN and/or CEREAL & GRAINS (Optional)**	Oatmeal Cereal	Rice Cereal or Baby Cereal Pancakes .	Oatmeal & Rice Cereal Mixed	Egg Yolks with/without Cheese	Oatmeal, Rice, Barley Cereal Mix	Rice Cereal	Avocado with Rice Cereal
FRUIT and/or VEGETABLE (Optional)**	Blueberries	Bananas	Applesauce	Peaches	Blueberry, Apples & Banana Mash	Avocado	Peaches & Pears
DAIRY (Optional)**	Yogurt	Bananas	Applesauce	Peaches	Pears	Avocado	Peaches

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Sample Menus for Feeding Babies Solid Foods

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREASTMILK and/or FORMULA	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula
INFANT CEREAL or PROTEIN (Optional)**	Rice Cereal with/without Chicken	Barley Cereal	Tofu (mashed) with Avocado* or Oatmeal, Rice, Barley Cereal Mix	Red Lentils & Butternut Squash * or Rice Cereal	Chicken, Peaches and Rice* or Barley Cereal	Barley Cereal with Beef	Apples & Pork or Chicken
FRUIT and/or VEGETABLE (Optional)**	Avocado and/or Applesauce	Baked Squash and/or Pears	Sweet Potatoes and/or Bananas	Green Beans and/or Peaches	Peas and Carrots and/or Apricots	Peaches and Sweet Potatoes	Blueberry Applesauce or Squash
DAIRY (Optional)**	Yogurt or Cheese	Yogurt or Cheese	Yogurt or Cheese	Yogurt or Cheese	Yogurt or Cheese	Yogurt or Cheese	Yogurt or Cheese

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DINNER or SNACK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREASTMILK and/or FORMULA	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula	Breast Milk and/or Formula
INFANT PROTEIN and/or CEREAL (Optional)**	Tofu Cubes	Rice Cereal or Chicken & Peach Delight	Oatmeal Cereal & Yogurt or Turkey	Barley Cereal	Red Lentil Baby Soup	Pork & Rice with Applesauce	Chicken & Barley with Sweet Potatoes
FRUIT and/or VEGETABLE (Optional)**	Pear Sauce and/or Baked Squash	Vegetable Mix	Sweet Potato Dices Coated w/ Wheat Germ & a Dash of Cinnamon	Avocado & Tofu Mash	Carrot Dices & Smooshed Peas	Green Beans & Yellow Squash	Pears
DAIRY (Optional)** and OTHER	Teething Biscuits or <small>3-2007, whole some information in your doctor or pediatrician, mass distribu</small>	Fruits or Veggies in a Baby Safe Feeder	Applesauce on Toast or Peaches & Cream Cheese on Toast	Soft Cooked Apple Chunks, Pear Dices	Banana Slices Coated w/ Wheat Germ	Teething Biscuits or Yogurt & Fruit	Fruits or Veggies in a Baby Safe Feeder

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