

DAYCARE BABY FEEDING CHART

MEAL	PATTERN	AMOUNTS 8 MONTHS	AMOUNTS 9 - 12 MONTHS
BREAKFAST 7:00 a.m.	Formula	7 - 8 oz.	6 - 8 oz.
	Baby Cereal	3 - 5T	4 - 5T
	Fruit	2 - 4T	2 - 4T
AM FEEDING 9:00 a.m.	Vitamin C Rich Fruit or Juice	4 oz.	4 oz.
	Dry Cereal, Cracker, or Dry Toast	1 or ¼	2 or ½
LUNCH 12:00 noon	Formula	7 - 8 oz.	6 - 8 oz.
	Meat	NONE	1 - 2T
	Vegetable	5 - 9T	2 - 9T
	Potato or 2nd Vegetable (Optional)	NONE	NONE - 6T
	Fruit	2 - 4T	2 - 4T
PM FEEDING 3:00 p.m.	Formula	7 - 8 oz.	6 - 8 oz.
	Dry Cereal, Cracker or Dry Toast	2 - ½	2 or ½
DINNER 6:00 p.m.	Formula	7 - 8 oz.	6 - 8 oz.
	Meat	NONE	1 - 2T
	Vegetable	5 - 9T	2 - 9T
	Potato or 2nd Vegetable (Optional)	NONE	NONE - 6T
	Fruit	2 - 4T	2 - 4T
	Baby Cereal	3 - 5T	NONE - 4T
EVENING FEEDING 9:00 p.m.	Formula	6 oz.	6 oz.

Place Mat Feeding Guide Health Service

Brendan G. Carr

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name 'Brendan G. Carr'.

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