

Center: _____



Mid Michigan Child Care Centers, Inc.
 P.O. Box 610, Freeland, MI 48623
 1-800-742-3663 Fax: 989-695-5488
This institution is an equal opportunity provider.

Child's Name	Birthdate	Breastmilk or Formula Type

Month: _____ Year: _____

Infant Menu Record
For Infants 6 through 11 Months

NOTE: On the day the infant turns 12 months, the child should be switched to the Regular Menu.

Required Components	List of Food (s) Actually Served Each Day				
	T = Tbsp. (Tablespoons)				
	Date	Date	Date	Date	Date
Breakfast 7-8 fluid ounces breast milk or iron fortified infant formula 7-4 Tbsp. iron fortified infant cereal, meat, fish, poultry, egg, dry beans, dry peas; 0-2 ounces cheese; 0-4 ounces cottage cheese; 0-4 ounces yogurt; or a combination of the above* 7-2 Tbsp. vegetable, fruit or a combination of both*	___ oz. ___ T/oz. ___ T	___ oz. ___ T/oz. ___ T	___ oz. ___ T/oz. ___ T	___ oz. ___ T/oz. ___ T	___ oz. ___ T/oz. ___ T
A.M. Snack 7-4 fluid ounces breastmilk or iron fortified infant formula 7-1/2 slice bread; 0-2 crackers; 0-4 Tbsp. iron fortified infant cereal or ready-to-eat breakfast cereal** 7-2 Tbsp. vegetable, fruit or a combination of both*	___ oz. ___ T ___ T	___ oz. ___ T ___ T	___ oz. ___ T ___ T	___ oz. ___ T ___ T	___ oz. ___ T ___ T
Lunch 7-8 fluid ounces breast milk or iron fortified infant formula 7-4 Tbsp. iron fortified infant cereal, meat, fish, poultry, egg, dry beans, dry peas; 0-2 ounces cheese; 0-4 ounces cottage cheese; 0-4 ounces yogurt; or a combination of the above* 7-2 Tbsp. vegetable, fruit or a combination of both*	___ oz. ___ T/oz. ___ T	___ oz. ___ T/oz. ___ T	___ oz. ___ T/oz. ___ T	___ oz. ___ T/oz. ___ T	___ oz. ___ T/oz. ___ T
P.M. Snack 7-4 fluid ounces breastmilk or iron fortified infant formula 7-1/2 slice bread; 0-2 crackers; 0-4 Tbsp. iron fortified infant cereal or ready-to-eat breakfast cereal** 7-2 Tbsp. vegetable, fruit or a combination of both*	___ oz. ___ T ___ T	___ oz. ___ T ___ T	___ oz. ___ T ___ T	___ oz. ___ T ___ T	___ oz. ___ T ___ T
Supper 7-8 fluid ounces breast milk or iron fortified infant formula 7-4 Tbsp. iron fortified infant cereal, meat, fish, poultry, egg, dry beans, dry peas; 0-2 ounces cheese; 0-4 ounces cottage cheese; 0-4 ounces yogurt; or a combination of the above* 7-2 Tbsp. vegetable, fruit or a combination of both*	___ oz. ___ T/oz. ___ T	___ oz. ___ T/oz. ___ T	___ oz. ___ T/oz. ___ T	___ oz. ___ T/oz. ___ T	___ oz. ___ T/oz. ___ T
EVE. Snack 7-4 fluid ounces breastmilk or iron fortified infant formula 7-1/2 slice bread; 0-2 crackers; 0-4 Tbsp. iron fortified infant cereal or ready-to-eat breakfast cereal** 7-2 Tbsp. vegetable, fruit or a combination of both*	___ oz. ___ T ___ T	___ oz. ___ T ___ T	___ oz. ___ T ___ T	___ oz. ___ T ___ T	___ oz. ___ T ___ T

Reminders:

- Breastmilk is the optimal source of nutrients. • Breastmilk is creditable if fed on-site or expressed. • Dessert-type baby foods are not creditable. • Combination baby foods are not creditable. • Vegetable/Fruit juices are NOT creditable for infants. • Cereal at Breakfast, Lunch and Supper must be infant iron-fortified, dry cereal. • Fish sticks, hot dogs, meat sticks, peanut butter are NOT creditable for infants. • Beans & Peas must be "dry" cooked in order to credit as meat/meat alternate. • Child should be switched to the Regular Menu on 1st birthday. • Formula/Food Sign Off Statements are required to be submitted to the food program. • Serving size amounts are required to be listed with the food item. • Yogurt must contain no more than 23 grams of sugar per 6 oz. serving.

* A serving of this component is required when the infant is developmentally ready to accept it. ** Ready-to-eat cereals (at snack only) must contain no more than 6 grams of sugar per dry ounce.