



**Mid Michigan
Child Care Food Program**
Mid Michigan Child Care Centers, Inc.
P.O. Box 610 • Freeland, MI 48623
(989) 695-2683 • 1-800-PIC-FOOD
Fax (989) 695-5488

Child's Full Name	Birthdate	Formula Brand
<u>Ben Jones</u>	<u>11-11-2004 (10mths)</u>	<u>Similac with Iron</u>
<u>George Johnson</u>	<u>8-8-2005 (1mth)</u>	<u>Breast Milk</u>
_____	_____	_____

Month _____ Year _____

License # _____

I certify that the information on this menu is correct and that only iron-fortified infant formulas and iron-fortified infant cereals were used, unless a parent of the child has submitted a physician's statement excluding them from these foods.

I certify that this menu actually reflects the foods served this month.

Signature _____

REMINDE

- Dessert-type baby foods are not creditable.
- Combination baby foods are not creditable.
- Cereal must be **infant**, iron-fortified, dry cereal. Adult cereal is not creditable for an infant.
- Juice may be served at snack **ONLY** to an infant 8-11 mo. old.
- Peas must be "dry" to be creditable as a meat/meat alternate.
- Fish sticks, hot dogs, meat sticks, peanut butter and yogurt are **NOT** creditable for infants.
- Child must be switched to regular menu on 1st birthday.

INFANT MENU

		DAY Friday	DAY Monday	DAY Tuesday	DAY Thursday	DAY Friday	DAY Monday	DAY Tuesday
		DATE 9	DATE 12	DATE 13	DATE 15	DATE 16	DATE 19	DATE 20
BREAKFAST								
Birth - 3 Months: 1) 4-6 fluid oz. of iron-fortified infant formula or breast milk. 4 - 7 Months: 1) 4-8 fluid oz. of iron-fortified infant formula or breast milk. 0-3 Tbsp of iron-fortified dry infant cereal. 8 - 11 Months: Must serve all three components: 1) 6-8 fluid oz. of iron-fortified infant formula or breast milk. 2) 2-4 Tbsp. of iron-fortified dry infant cereal. 3) 1-4 Tbsp. of Fruit/Vegetable of appropriate consistency.	BREAKFAST	1)	Formula Breast Milk	Breast Milk	Formula	Formula Breast Milk	Formula	Breast Milk
	2)	Rice Cereal		Infant Oatmeal	Rice Cereal	Rice Cereal		
	3)	Peaches		Applesauce	Pears	Plums		
SNACKS								
Birth - 3 Months: 1) 4-6 fluid oz. of iron-fortified infant formula or breast milk. 4 - 7 Months: 1) 4-6 fluid oz. of iron-fortified infant formula or breast milk. 8 - 11 Months: 1) 2-4 fluid oz. of iron-fortified infant formula, breast milk or full strength fruit juice. Optional: 0-2 cracker-type product. (Must be made from whole grain or enriched meal or flour and suitable for an infant to use as finger food.)	SNACKS	1) AM	Breast Milk	Breast Milk		Breast Milk Formula	Formula	Formula Breast Milk
	1) PM	Formula Breast Milk		100% Apple Juice	100% Apple Juice		Formula	Breast Milk
	1) Eve							
LUNCH/SUPPER								
Birth - 3 Months: 1) 4-6 fluid oz. of iron-fortified infant formula or breast milk. 4 - 7 Months: 1) 4-8 fluid oz. of iron-fortified infant formula or breast milk. 0-3 Tbsp. of iron-fortified dry infant cereal. 0-3 Tbsp. of Fruit/Vegetable of appropriate consistency. 8 - 11 Months: Must serve all three components: 1) 6-8 fluid oz. of iron-fortified infant formula or breast milk. 2) Choose ONE of the following: • 2-4 Tbsp. of iron-fortified dry infant cereal. • 1-4 Tbsp. meat, fish, poultry, egg yolk or cooked dry beans or peas. • 1/2-2 oz. (weight) cheese. • 1-4 oz. (weight or volume) of cottage cheese, cheese food or cheese spread of appropriate consistency. 3) 1-4 Tbsp. of Fruit/Vegetable of appropriate consistency.	LUNCH	1)	Formula	Breast Milk	Formula	Breast Milk	Formula	Formula Breast Milk
	2)	Turkey		Cheese		Rice Cereal	Cottage Cheese	Infant Oatmeal
	3)	Peas		Carrots		Squash	Banana	Sweet Potatoes
	SUPPER	1)						
	2)							
	3)							