

INFANT MENU

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 accurately reflects the foods served this month. (Provider Signature) _____

Month: _____ Year: _____

License #: _____

DAY	DAY	DAY	DAY	DAY
DATE	DATE	DATE	DATE	DATE

BREAKFAST

BIRTH THRU 5 MONTHS		6 THRU 11 MONTHS		BIRTH THRU 5 MONTHS		6 THRU 11 MONTHS	
1) 4 – 6 fluid oz. of iron-fortified infant formula or breast milk. <i>(serving size amounts must be listed)</i>	1)	1) 6 – 8 fluid oz. of iron-fortified infant formula or breast milk. 2) 0 – 4 Tbsp. of iron-fortified dry infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; Or 0 – 2 oz. cheese Or 0 – 4 oz. (volume) cottage cheese; Or 0 – 4 oz. yogurt Or a combination* 3) 0 – 2 Tbsp. of vegetable, fruit or both* <i>(serving size amounts must be listed)</i>	2) 3)				

SNACKS

BIRTH THRU 5 MONTHS		6 THRU 11 MONTHS		BIRTH THRU 5 MONTHS		6 THRU 11 MONTHS	
1) 4 – 6 fluid oz. of iron-fortified infant formula or breast milk. <i>(serving size amounts must be listed)</i>	1) AM	1) 2 – 4 fluid oz. of iron-fortified infant formula or breast milk. 2) 0 – ½ bread slice; Or 0 – 2 crackers; Or 0 – 4 Tbsp. infant cereal or ready-to-eat cereal* 3) 0 – 2 Tbsp. vegetable, fruit or both* <i>(serving size amounts must be listed)</i>	1) PM 1) Eve				

LUNCH/SUPPER

BIRTH THRU 5 MONTHS		6 THRU 11 MONTHS		BIRTH THRU 5 MONTHS		6 THRU 11 MONTHS	
1) 4 – 6 fluid oz. of iron-fortified infant formula or breast milk. <i>(serving size amounts must be listed)</i>	1) 2) 3)	1) 6 – 8 fluid oz. of iron-fortified infant formula or breast milk. 2) 0 – 4 Tbsp. of iron-fortified dry infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; Or 0 – 2 oz. cheese Or 0 – 4 oz. (volume) cottage cheese; Or 0 – 4 oz. yogurt Or a combination* 3) 0 – 2 Tbsp. of vegetable, fruit or both* <i>(serving size amounts must be listed)</i>	1) 2) 3)				

Child's Name	Birthdate	Formula Type

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- White copies to office.
- Yellow copies for provider records.
- This institution is an equal opportunity provider.

Reminders:

- Breastmilk is the optimal source of nutrients.
- Breastmilk is creditable if feed on-site or expressed.
- Dessert-type baby foods are not creditable.
- Combination baby foods are not creditable.
- Cheese food & cheese spreads are not creditable for infants.
- Fruit/Vegetable 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.
- Child should be switched to regular menu on 1st birthday.
- Formula/Food Sign Off Statements are required to be on file in the home.
- 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.

* Ready-to-eat cereals (at snack only) must contain no more than 6 grams of sugar, per dry ounce.

* A serving of this component is required when the infant is developmentally ready to accept it.