

KIDCARE NUTRITION SPONSOR

INFANT MENU FORM

Provider: _____

Infant's Name and Age (Months): _____

	Birth through 5 Months	6 through 11 Months
<u>Breakfast</u>	<ul style="list-style-type: none"> 4-6 fl oz MM* or IFIF 	<ul style="list-style-type: none"> 6-8 fl oz MM* or IFIF 0-2 Tbsp Vegetable, Fruit, or both** 0-4 Tbsp IFIC, Meat, Fish, Poultry, Eggs, Beans, or Peas; or 0-2 oz Cheese; or 0-4 oz Cottage Cheese; or 0-4 oz Yogurt; or a combination**
<u>Lunch/Dinner</u>	<ul style="list-style-type: none"> 4-6 fl oz MM* or IFIF 	<ul style="list-style-type: none"> 6-8 fl oz MM* or IFIF 0-2 Tbsp Vegetable, Fruit, or both** 0-4 Tbsp IFIC, Meat, Fish, Poultry, Eggs, Beans, or Peas; or 0-2 oz Cheese; or 0-4 oz Cottage Cheese; or 0-4 oz Yogurt; or a combination**
<u>Snack</u>	<ul style="list-style-type: none"> 4-6 fl oz MM* or IFIF 	<ul style="list-style-type: none"> 2-4 fl oz MM* or IFIF 0-2 Tbsp Vegetable, Fruit, or both** 0-1/2 Slice of Bread; or 0-2 Crackers; or 0-4 Tbsp IFIC or Ready-To-Eat Cereal**

Complete name of formula served: _____

Parent provides formula: Yes No

Parent provides food: Yes No

If yes, which food(s) and what meal(s)? _____

All serving sizes are at least the minimum quantities of the food components that are required to be served.

Abbreviation Key

MM = Mother's Milk/Breastmilk BF = Breastfed/Nursed on-site
 IFIF = Iron-Fortified Infant Formula IFIC = Iron-Fortified Infant Cereal

*Infants that regularly consume less than the minimum serving size of breastmilk per feeding may be offered less than the minimum serving size of breastmilk with additional breastmilk being offered at a later time, if the infant will consume more.

**Required when infant is developmentally ready.

	Components	Date:	Date:	Date:	Date:
Breakfast	MM or IFIF				
	Vegetable and/or Fruit				
	IFIC/Meat/Meat Alt				
#1 AM Snack	MM or IFIF				
	Vegetable and/or Fruit				
	Grain				
Lunch	MM or IFIF				
	Vegetable and/or Fruit				
	IFIC/Meat/Meat Alt				
#2 PM Snack	MM or IFIF				
	Vegetable and/or Fruit				
	Grain				
Dinner	MM or IFIF				
	Vegetable and/or Fruit				
	IFIC/Meat/Meat Alt				
#3 Evening Snack	MM or IFIF				
	Vegetable and/or Fruit				
	Grain				