

INFANT MENU



Date/Year _____ Provider's Name _____ Phone # _____ Infant's Name _____ Date of Birth _____

Infant served: Bottled Breastmilk _____ Formula (IFIF) _____ Brand of formula offered by provider _____ Formula provided by: Parent _____ Child Care Provider _____ Brand of formula provided by parent _____

By participating in the Child and Adult care Food Program, your child care provider is required to offer at least one type of iron-fortified infant formula for infants in his or her care. If you choose not to accept the infant formula offered by your provider and opt to supply your own formula, please sign below.

AGE		MEAL	FOOD CHOICES
0-5 Months	☐	BREAKFAST 4-6 fl. oz. iron-fortified infant formula or breastmilk	(Circle foods served) IFIC Rice Oats Mixed Other: Meats Beef Turkey Ham Chicken Other: Fruits Applesauce Bananas Peaches Pears Plums Apricots Other: Vegetables Carrots Squash Green Beans Beets Peas Sweet Potatoes Potatoes Other:
	☐	LUNCH/SUPPER 4-6 fl. oz. iron-fortified infant formula or breastmilk	
	☐	SNACK 4-6 fl. oz. iron-fortified infant formula or breastmilk	
6-11 Months	☐	BREAKFAST 6-8 fl. oz. iron-fortified infant formula or breastmilk	
	☐	0-4 tbsp. iron-fortified infant cereal (IFIC), meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese or yogurt; or a combination *	
	☐	0-2 tbsp. fruit and/or vegetable *	
	☐	LUNCH/SUPPER 6-8 fl. oz. iron-fortified infant formula or breastmilk	
	☐	0-4 tbsp. iron-fortified infant cereal (IFIC), meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese or yogurt; or a combination *	
	☐	0-2 tbsp. fruit and/or vegetable *	
	☐	SNACK 2-4 fl. oz. iron-fortified infant formula or breastmilk	
	☐	0- 1/2 bread slice; or 0-2 crackers; or 0-4 tbsp. iron-fortified infant cereal (IFIC) or ready to eat cereal *	
	☐	0-2 tbsp. fruit and/or vegetable *	

**Required food components when infant is developmentally ready.
All serving sizes are minimum quantities of the food components that are required to be served*

This institution is an equal opportunity provider and employer.