**INFANT MENU**

**T = Tbsp. (Tablespoons)** **Please review the Infant Meal Pattern on back** ⚫ *White copies to office.* ⚫ *Yellow copies for provider records.* ⚫ *USDA is an equal opportunity provider and employer.*

I certify that this menu actually reflects the foods served this month: *(Provider Signature) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* License #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Child’s Name** | **Birthdate** | **Formula Type** |
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**Mid Michigan Child Care Centers, Inc.** ⚫ **Mid Michigan Child Care Food Program** ⚫ P.O. Box 610, Freeland, MI 48623 ⚫ 1-800-PIC-FOOD ⚫ (989) 695-2683 ⚫ Fax: (989) 695-5488 ⚫ www.midmichigancc.com

**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 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.

\* 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.

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| Month \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Year \_\_\_\_\_\_\_\_\_\_\_ | **DAY** | **DAY** | **DAY** | **DAY** | **DAY** |
| **DATE** | **DATE** | **DATE** | **DATE** | **DATE** |
| **BREAKFAST** |  |  |  |  |  |
| 4-8 fluid oz. of iron-fortified infant formula or breast milk *(0-11m)* | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. |
| 0-4 T/oz. Infant cereal, meat, fish, poultry, egg, dry beans/peas, cheese, yogurt\* *(6-11m)* | \_\_\_ T/oz. | \_\_\_ T/oz. | \_\_\_ T/oz. | \_\_\_ T/oz. | \_\_\_ T/oz. |
| 0-2 T. Vegetable, Fruit or combination of both \* *(6-11m)* | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T |
| **A.M. SNACK** |  |  |  |  |  |
| 2-6 fluid oz. of iron-fortified infant formula or breast milk *(0-11m)* | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. |
| 0-2 Items/ 0-4 T. Infant cereal, ready-to-feed cereal\*\*, crackers, bread\* *(6-11m)* | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T |
| 0-2 T. Vegetable, Fruit or combination of both\* *(6-11m)* | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T |
| **LUNCH** |  |  |  |  |  |
| 4-8 fluid oz. of iron-fortified infant formula or breast milk *(0-11m)* | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. |
| 0-4 T/oz. Infant cereal, meat, fish, poultry, egg, dry beans/peas, cheese, yogurt\* *(6-11m)* | \_\_\_ T/oz. | \_\_\_ T/oz. | \_\_\_ T/oz. | \_\_\_ T/oz. | \_\_\_ T/oz. |
| 0-2 T. Vegetable, Fruit or combination of both\* *(6-11m)* | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T |
| **P.M. SNACK** |  |  |  |  |  |
| 2-6 fluid oz. of iron-fortified infant formula or breast milk *(0-11m)* | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. |
| 0-2 Items/ 0-4 T. Infant cereal, ready-to-feed cereal\*\*, crackers, bread\* *(6-11m)* | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T |
| 0-2 T. Vegetable, Fruit or combination of both\* *(6-11m)* | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T |
| **SUPPER** |  |  |  |  |  |
| 4-8 fluid oz. of iron-fortified infant formula or breast milk *(0-11m)* | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. |
| 0-4 T/oz. Infant cereal, meat, fish, poultry, egg, dry beans/peas, cheese, yogurt\* *(6-11m)* | \_\_\_ T/oz. | \_\_\_ T/oz. | \_\_\_ T/oz. | \_\_\_ T/oz. | \_\_\_ T/oz. |
| 0-2 T. Vegetable, Fruit or combination of both\* *(6-11m)* | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T |
| **EVE SNACK** |  |  |  |  |  |
| 2-6 fluid oz. of iron-fortified infant formula or breast milk *(0-11m)* | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. | \_\_\_ oz. |
| 0-2 Items/ 0-4 T. Infant cereal, ready-to-feed cereal\*\*, crackers, bread\* *(6-11m)* | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T |
| 0-2 T. Vegetable, Fruit or combination of both\* *(6-11m)* | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T | \_\_\_ T |

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| **Child’s Name** | **Birthdate** | **Formula Type** |
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| **Infant Meal Pattern** | | | |
| **Birth through 5 Months** | | **6 Months through 11 Months** | |
| ***Breakfast*** | 1. 4 – 6 fluid oz. of iron-fortified infant formula or breast milk | ***Breakfast*** | 1. 6 – 8 fluid oz. of iron-fortified infant formula or breast milk 2. 0 – 4 Tbsp. of iron-fortified infant dry cereal, meat, fish, poultry, 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 of both\*   1. 0 – 2 Tbsp. of vegetable, fruit or both\* |
| ***Snacks (Am, Pm, & Eve)*** | 1. 4 – 6 fluid oz. iron-fortified infant formula or breast milk | ***Snacks (Am, Pm, & Eve)*** | 1. 2 – 4 fluid oz. of iron-fortified infant formula or breast milk 2. 0 – ½ slice bread;   OR 0 – 2 crackers;  OR 0 – 4 Tbsp. infant cereal or ready-to-eat cereal\*\*   1. 0 – 2 Tbsp. vegetable, fruit or both\* |
| ***Lunch/Supper*** | 1. 4 – 6 fluid oz. iron-fortified infant formula or breast milk | ***Lunch/Supper*** | 1. 6 – 8 fluid oz. of iron-fortified infant formula or breast milk 2. 0 – 4 Tbsp. of iron-fortified infant dry cereal, meat, fish, poultry, 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 of both\*   1. 0 – 2 Tbsp. of vegetable, fruit or both\* |

\* 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.