

Feeding Infants in the CACFP



Objectives

1. Know the baseline infant meal requirements

2. Understand the infant meal pattern

3. Identify creditable foods

4. Know how to correctly claim infant meals

Infant Meal Requirements



Infant Meal Requirements

All agencies <u>must</u>...

- 1. Offer Iron Fortified Infant Formula,
- 2. Offer additional foods (IFIC and table foods)

Regardless of if infant meals will be claimed.

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Child and Adult Care Food Program (CACFP)

Infant Menu

As a program in the CACFP, we must offer to supply all meal components of the <u>Infant Meal Pattern</u>.

We will supply the following items to your infant while in our care:

- · One type of iron-fortified infant formula
- Iron-fortified infant cereal
- Baby foods and/or table foods in the appropriate textures for your infant

Parents/Guardians may choose to accept our offered formula and/or foods or provide your own.

Our program will provide the following formula and infant foods:



Formula Offered:

Parents/Guardians: You may choose to accept our offered formula or provide a different iron-fortified formula of your choice, expressed breast milk or breastfeed your baby on-site.

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Iron-Fortified Infant Cereal Offered: Check one or more boxes as it applies to your program

Rice

Barley
Oat

Foods Offered:

Wheat

Check one or more boxes as it applies to your program

Store	e-boug	ht ba	aby 1	foods	
	Fruits	and	veg	etab	

Meats

	Homemade	baby	foods	(i.e.	pureed	whole	food
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Table foods (i.e. foods from the regular menu)

Grains (crackers, ready-to-eat cereal, bread)

This institution is an equal opportunity provider.

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CACFP Infant Meal Pattern

The CACFP infant meal pattern encourages delaying the introduction of solid food until the infant is 6 months. However, the age when solid foods are introduced will depend on the infant. Infants develop at different rates some infants are ready to consume solid foods before 6 months of age while others are ready after 6 months.

Food amounts listed in the meal pattern begin with zero (0) because not all infants are developmentally ready to eat solid foods at a certain age. It does not mean serving the food is optional. Once an infant is developmentally ready to eat foods, including infants younger than 6 months, programs are required to offer them to the infant.

Breakfast / Lunch / Supper		
Birth through 5 months	6 through 11 months	
	6-8 fluid ounces breastmilk, iron fortified infant formula, or portions of both	
	and when developmentally ready (One or more items from the following)	
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	0-% oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC)*; OR 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas); OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese or yogurt	
	AND 0-2 tablespoons vegetable, fruit, or a combination of both (no juice)	
*Grain items (i.e., bread, pancakes, in the infant meal pattern. They ca	waffles, breakfast cereal, etc.) are not creditable foods at breakfast, lunch, and supper not be served in place of IFIC. Snack	
Birth through 5 months	6 through 11 months	
-	2-4 fluid ounces breastmilk, iron fortified infant formula, or portions of both	
	and when developmentally ready (One or more items from the following)	
4-6 fluid ounces breastmilk,		
iron fortified infant formula,	(One or more items from the following)	
	(One or more items from the following) 0-% oz eq bread/bread-like items**; OR 0-% oz eq crackers; OR 0-% oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR	
iron fortified infant formula,	(One or more items from the following) 0-% oz eq bread/bread-like items**; OR 0-% oz eq crackers; OR 0-% oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR 0-% oz eq ready-to-eatbreakfast cereal	
iron fortified infant formula,	(One or more items from the following) 0-% oz eq bread/bread-like items**; OR 0-% oz eq crackers; OR 0-% oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR 0-% oz eq ready-to-eat breakfast cereal AND	
ironfortified infant formula, or portions of both	(One or more items from the following) 0-½ oz eq bread/bread-like items**; OR 0-½ oz eq crackers; OR 0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR 0-½ oz eq ready-to-eatbreakfast cereal AND 0-2 tablespoons vegetable, fruit, or a combination of both (no juice)	
iron fortified infant formula, or portions of both "*Bread-like items: biscu	(One or more items from the following) 0-% oz eq bread/bread-like items**; OR 0-% oz eq crackers; OR 0-% oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR 0-% oz eq ready-to-eat breakfast cereal AND	
iron fortified infant formula, or portions of both "*Bread-like items: biscu	(One or more items from the following) 0-% oz eq bread/bread-like items**; OR 0-% oz eq crackers; OR 0-% oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR 0-% oz eq ready-to-eatbreakfast cereal AND 0-2 tablespoons vegetable, fruit, or a combination of both (no juice) it, bun, roll, muffin, English muffin, pancake, pita bread, soft tortilla, waffle	

Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

Grains served at snack must be whole grain-rich, enriched meal, or enriched flour.

Breakfast cereals served at snack must contain no more than 6 grams of sugar per dry ounce.

Understand the Infant Meal Pattern



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Understand the Infant Meal Pattern



Promote Breastfeeding

A mother may breastfeed her infant on-site

A staff member can breastfeed her enrolled infant on-site

Staff can serve expressed milk

Infant Meal Pattern

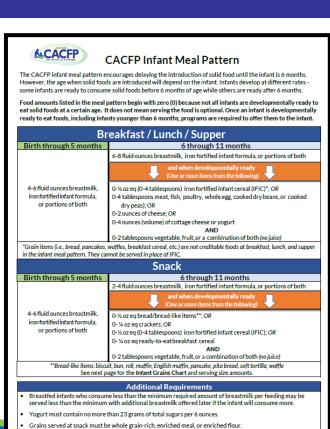
Two age groups

Developmental readiness

Food components beginning with "zero"

Transitioning to Whole Milk

<u>Using Ounce Equivalents for Grains</u>



Breakfast cereals served at snack must contain no more than 6 grams of sugar per dry ounce.



CACFP Infant Meal Pattern

The CACFP infant meal pattern encourages delaying the introduction of solid food until the infant is 6 months. However, the age when solid foods are introduced will depend on the infant. Infants develop at different rates - some infants are ready to consume solid foods before 6 months of age while others are ready after 6 months.

Food amounts listed in the meal pattern begin with zero (0) because not all infants are developmentally ready to eat solid foods at a certain age. It does not mean serving the food is optional. Once an infant is developmentally ready to eat foods, including infants younger than 6 months, programs are required to offer them to the infant.

Breakfast / Lunch / Supper		
Birth through 5 months	6 through 11 months	
	6-8 fluid ounces breastmilk, iron fortified infant formula, or portions of both	
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	and when developmentally ready (One or more items from the following)	
	0-% oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC)*; OR 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas); OR	
	0-2 ounces of cheese; OR	
	0-4 ounces (volume) of cottage cheese or yogurt	
	AND	
	0-2 tablespoons vegetable, fruit, or a combination of both (no juice)	

*Grain items (i.e., bread, pancakes, waffles, breakfast cereal, etc.) are not creditable foods at breakfast, lunch, and supper in the infant meal pattern. They cannot be served in place of IFIC.

AND

0-2 tablespoons vegetable, fruit, or a combination of both (no juice)

*Grain items (i.e., bread, pancakes, waffles, breakfast cereal, etc.) are not creditable foods at breakfast, lunch, and supper in the infant meal pattern. They cannot be served in place of IFIC.

Snack		
Birth through 5 months	6 through 11 months	
	2-4 fluid ounces breastmilk, iron fortified infant formula, or portions of both	
	and when developmentally ready (One or more items from the following)	
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	0-½ oz eq bread/bread-like items**; OR 0- ¼ oz eq crackers; OR 0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR 0- ¼ oz eq ready-to-eat breakfast cereal AND	
	0-2 tablespoons vegetable, fruit, or a combination of both (no juice)	

**Bread-like items: biscuit, bun, roll, muffin, English muffin, pancake, pita bread, soft tortilla, waffle See next page for the Infant Grains Chart and serving size amounts.

Additional Requirements

- Breastfed infants who consume less than the minimum required amount of breastmilk per feeding may be served less than the minimum with additional breastmilk offered later if the infant will consume more.
- · Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- . Grains served at snack must be whole grain-rich, enriched meal, or enriched flour.
- . Breakfast cereals served at snack must contain no more than 6 grams of sugar per dry ounce.

Identify Creditable Foods



Infant Formula

Must be iron fortified

Regulated by the FDA

Made in the U.S.



Infant Formula

Must be iron fortified

Regulated by the FDA

Made in the U.S.

Guidance Memo 12: Meal Requirements for Infants Crediting Infant Foods Tab – <u>List of Exempt Formulas</u>



Serving formula to infants > 13 months

Serving after the 'use by' date

Not FDA approved (exceptions apply)

Imported formulas (exceptions apply)

Developmental Readiness

Pureed Foods

- Store-bought
- Homemade

Semi-Solid Foods

- Softened
- Mashed

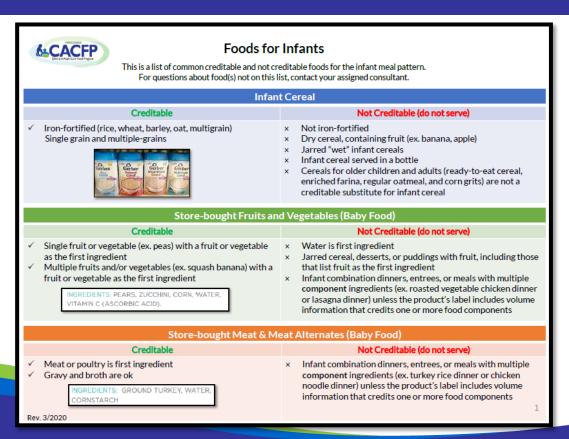
Table Foods

- Appropriate textures and sizes
- Finger foods

As Infant Becomes Developmentally Ready

Foods for Infants Resource

Guidance Memo 12: Meal Requirements for Infants Crediting Infant Foods Tab – Foods for Infants



Foods for Infants Resource



Foods for Infants

This is a list of common creditable and not creditable foods for the infant meal pattern. For questions about food(s) not on this list, contact your assigned consultant.

Infant Cereal					
Creditable	Not Creditable (do not serve)				
✓ Iron-fortified (rice, wheat, barley, oat, multigrain) Single grain and multiple-grains	Not iron-fortified Dry cereal, containing fruit (ex. banana, apple) Jarred "wet" infant cereals Infant cereal served in a bottle Cereals for older children and adults (ready-to-eat cereal, enriched farina, regular oatmeal, and corn grits) are not a creditable substitute for infant cereal				
Store-bought Fruits an	Store-bought Fruits and Vegetables (Baby Food)				
Creditable	Not Creditable (do not serve)				
✓ Single fruit or vegetable (ex. peas) with a fruit or vegetable as the first ingredient	 Water is first ingredient Jarred cereal, desserts, or puddings with fruit, including those 				

Foods for Infants Resource

	creditable substitute for infant cereal
Store-bought Fruits and	d Vegetables (Baby Food)
Creditable	Not Creditable (do not serve)
 ✓ Single fruit or vegetable (ex. peas) with a fruit or vegetable as the first ingredient ✓ Multiple fruits and/or vegetables (ex. squash banana) with a fruit or vegetable as the first ingredient INGREDIENTS: PEARS, ZUCCHINI, CORN, WATER, VITAMIN C (ASCORBIC ACID). 	 Water is first ingredient Jarred cereal, desserts, or puddings with fruit, including those that list fruit as the first ingredient Infant combination dinners, entrees, or meals with multiple component ingredients (ex. roasted vegetable chicken dinner or lasagna dinner) unless the product's label includes volume information that credits one or more food components
Store-bought Meat & Mo	eat Alternates (Baby Food)
Creditable	Not Creditable (do not serve)
 ✓ Meat or poultry is first ingredient ✓ Gravy and broth are ok INGREDIENTS: GROUND TURKEY, WATER, CORNSTARCH 	× Infant combination dinners, entrees, or meals with multiple component ingredients (ex. turkey rice dinner or chicken noodle dinner) unless the product's label includes volume information that credits one or more food components
Rev. 3/2020	

Other Non-creditable Infant Foods

GBD and Desserts

Juice and Fruit/Vegetable Blends

Honey

Milk

Peanut Butter and Nuts

Cheese Food or Spread

Correctly Claim Infant Meals



Correctly Claim Infant Meals

In order to claim meals and snacks served to infants:

Foods must be creditable

Meet meal pattern requirements

Record on one of the Infant Meal Forms

All components offered consistent with infant's schedule

Program must supply all but 1 component

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Infant Meal Form

Two Infant Meal Forms

GM 12: Meal Requirements Infants, Infant Meal Record Keeping Tab – <u>Infant Meal</u> <u>Form (Spanish)</u>

Do not complete of not claiming infant meals

MISCONEN	Meal Form				
&CACFP			Month/Ye	ear:	
Each month complete a n	ew form for eac	h infant			
Not required for infants whose m					
,,	,				
Infant's Full Name: Birt	hdate:	Age	e: mo	nths	
1. Complete Meal Components Chart			Parent	Program	Start
 At the beginning of each month, mark the Parent 	Meal Comp	onents	Supplied	Supplied	Date
Supplied or Program Supplied column only for the	Breast Milk*				
meal component(s) the infant is currently eating	Infant Formula	*			
 In the Start Date column record the date only when 	Iron-Fortified In	nfant Cereal			
the infant starts eating a new component or changes	Fruits/Vegetab	les**			
are made during the month (e.g. infant switches from	Meats/Meat Al	ternates**			
breastmilk to program-supplied formula)	Grains				
*Breast milk and formula are 1 component. 2. Complete Meal Count Chart		ved, mark who by foods and/		in the approp	
RECORD a MEAL/SNACK WHEN program supplies all of the control of	components	Date	Breakfast	Lunch	Snack
or all but one component (parent/guardian may supp	ly one	1			
component).	•	2			
		3			
Put an 'X' or ✓ in the Meal Count Chart for that meal,	snack at	4			
the time the meal/snack is served or immediately aft	er.	5			
,		6			
Meals/snacks that contain only breast milk and/or form	ula can be	7			
marked regardless of who supplies the item (program of		8			
(1-0					
When an infant is eating two or more components, the program		9			
	program	10			
must supply all components or all but one component i	program n order to	10 11			
must supply all components or all but one component i record the meal/snack in the chart. This applies to all a	program n order to	10 11 12			
must supply all components or all but one component i	program n order to	10 11 12 13			
must supply all components or all but one component i record the meal/snack in the chart. This applies to all a	program n order to	10 11 12 13 14			
must supply all components or all but one component i record the meal/snack in the chart. This applies to all a an infant who starts solid foods before 6 months	program n order to ges, including	10 11 12 13 14 15			
must supply all components or all but one component i record the meal/snack in the chart. This applies to all a an infant who starts solid foods before 6 months DO NOT RECORD a MEAL OR SNACK WHEN the paren	program n order to ges, including	10 11 12 13 14			
must supply all components or all but one component i record the meal/snack in the chart. This applies to all a an infant who starts solid foods before 6 months	program n order to ges, including	10 11 12 13 14 15			
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must supply all components or all but one component in record the meal/nask in the chart. This applies to all a an infant who starts solid foods before 6 months DO NOT RECORD a MEAL OR SNACK WHEN the paren supplies two or more components. DO NOT put an 'X' or ✓ In the Meal Count Chart	program n order to ges, including t/guardian	10 11 12 13 14 15 16 17 18 19			
must supply all components or all but one component in record the meal/nask in the chart. This applies to all a ninfant who starts solid foods before 6 months DO NOT RECORD a MEAL OR SNACK WHEN the paren supplies two or more components. DO NOT put an 'X' or y' in the Meal Count Chart Ex: Program supplies infant cereal, parent supplies form	program n order to ges, including t/guardian	10 11 12 13 14 15 16 17 18 19 20 21			
must supply all components or all but one component in record the meal/nask in the chart. This applies to all a ninfant who starts solid foods before 6 months DO NOT RECORD a MEAL OR SNACK WHEN the paren supplies two or more components. DO NOT put an 'X' or ✓ in the Meal Count Chart Ex: Program supplies infant cereal, parent supplies form Ex: Parent supplies formula and all foods	program n order to ges, including t/guardian	10 11 12 13 14 15 16 17 18 19 20 21			
must supply all components or all but one component in record the meal/nask in the chart. This applies to all a ninfant who starts solid foods before 6 months DO NOT RECORD a MEAL OR SNACK WHEN the paren supplies two or more components. DO NOT put an 'X' or y' in the Meal Count Chart Ex: Program supplies infant cereal, parent supplies form	program n order to ges, including t/guardian nula and fruit th column and	10 11 12 13 14 15 16 17 18 19 20 21 22 23 24			
must supply all components or all but one component i record the meal/snack in the chart. This applies to all a an infant who starts solid foods before 6 months DO NOT RECORD a MEAL OR SNACK WHEN the paren supplies two or more components. DO NOT put an 'X' or \sqrt{in the Meal Count Chart} Ex: Program supplies infant cereal, parent supplies form Ex: Parent supplies formula and all foods 3. Total Infant Meals: At the end of the month, total each	program n order to ges, including t/guardian nula and fruit th column and	10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26			
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must supply all components or all but one component in record the meal/snack in the chart. This applies to all a an infant who starts solid foods before 6 months DO NOT RECORD a MEAL OR SNACK WHEN the paren supplies two or more components. DO NOT put an 'X' or ✓ in the Meal Count Chart ➤ Ex: Program supplies infant cereal, parent supplies form > Ex: Parent supplies formula and all foods 3. Total Infant Meals: At the end of the month, total eac include numbers with total meal counts submitted on the n	program n order to ges, including t/guardian nula and fruit th column and nonthly claim.	10 11 12 13 14 15 16 17 18 19 20 21 22 22 23 24 25 26 27 28			
must supply all components or all but one component i record the meal/snack in the chart. This applies to all a an infant who starts solid foods before 6 months DO NOT RECORD a MEAL OR SNACK WHEN the paren supplies two or more components. DO NOT put an 'X' or ✓ in the Meal Count Chart ➤ Ex: Program supplies infant cereal, parent supplies form ➤ Ex: Parent supplies formula and all foods 3. Total Infant Meals: At the end of the month, total eac include numbers with total meal counts submitted on the n Keep this form on file to support the monthly claim.	program n order to ges, including t/guardian nula and fruit th column and nonthly claim.	10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28			
must supply all components or all but one component in record the meal/snack in the chart. This applies to all a an infant who starts solid foods before 6 months DO NOT RECORD a MEAL OR SNACK WHEN the paren supplies two or more components. DO NOT put an 'X' or 'In the Meal Count Chart Ex: Program supplies infant cereal, parent supplies form Ex: Parent supplies formula and all foods 3. Total Infant Meals: At the end of the month, total eac include numbers with total meal counts submitted on the n Keep this form on file to support the monthly claim. Requirement: Programs must offer to supply at least one type of Iron-	program n order to ges, including t/guardian nula and fruit th column and nonthly claim.	10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			
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Infant Meal Form



CACFP Infant Meal Form

Month/Year:	

Each month complete a new form for each infant Not required for infants whose meals/snacks will not be claimed

Infant's Full Name:	Birthdate:	Age:	month
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1. Complete Meal Components Chart

- At the beginning of each month, mark the Parent Supplied or Program Supplied column only for the meal component(s) the infant is currently eating
- In the Start Date column record the date only when the infant starts eating a new component or changes are made during the month (e.g. infant switches from breastmilk to program—supplied formula)

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*			
Infant Formula*			
Iron-Fortified Infant Cereal			
Fruits/Vegetables**			
Meats/Meat Alternates**			
Grains		·	

Infant Meal Form

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2. Complete Meal Count Chart



RECORD a MEAL/SNACK WHEN program supplies all components or all but one component (parent/guardian may supply one component).

Put an 'X' or ✓ in the *Meal Count Chart* for that meal/snack at the time the meal/snack is served or immediately after.

- Meals/snacks that contain only breast milk and/or formula can be marked regardless of who supplies the item (program or parent)
- When an infant is eating two or more components, the program must supply all components or all but one component in order to record the meal/snack in the chart. This applies to all ages, including an infant who starts solid foods before 6 months.

Meal Count Chart

Date	Breakfast	Lunch	Snack
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
4.5			



DO NOT RECORD a MEAL OR SNACK WHEN the parent/guardian



Infant Meal Form

an invalie who starts solid roods before o months



DO NOT RECORD a MEAL OR SNACK WHEN the parent/guardian supplies two or more components.

DO NOT put an 'X' or ✓ in the Meal Count Chart

- Ex: Program supplies infant cereal, parent supplies formula and fruit
- Ex: Parent supplies formula and all foods
- Total Infant Meals: At the end of the month, total each column and include numbers with total meal counts submitted on the monthly claim. Keep this form on file to support the monthly claim.

Requirement: Programs must offer to supply at least one type of iron-fortified infant formula and all foods to each enrolled infant. Parents/guardians cannot be required to provide infant formula or foods.

14 15 16 17	
15 16	
16	
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	
31	
TOTAL	

Rev. 8/2021



Infant Meals Activity

Read each scenario. Complete the Meal Components Chart and circle the meals and/or snacks that can be claimed.

1. 3-month-old infant is served formula provided by the center.

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*			
Infant Formula*			
Iron-Fortified Infant Cereal			
Fruits/Vegetables**			
Meats/Meat Alternates**			
Grains			

What meals can be claimed?

Breakfast Snack(s)

Lunch/Supper None

2. 6-month-old infant is served breast milk and is supplemented with family provided formula.

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*			
Infant Formula*			
Iron-Fortified Infant Cereal			
Fruits/Vegetables**			
Meats/Meat Alternates**			
Grains			

What meals can be claimed?

Breakfast Snack(s)

Lunch/Supper None

3. 6-month-old infant is served breast milk and pureed fruit provided by the family.

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*			
Infant Formula*			
Iron-Fortified Infant Cereal			
Fruits/Vegetables**			
Meats/Meat Alternates**			
Grains			

What meals can be claimed?

Breakfast Snack(s)

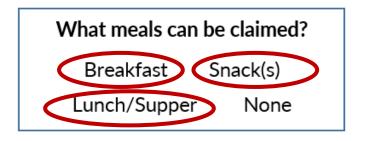
Lunch/Supper None



5-10 minutes

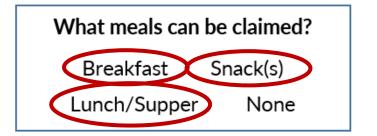
1. 3-month-old infant is served formula provided by the center.

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*			
Infant Formula*		/	XXX
Iron-Fortified Infant Cereal			
Fruits/Vegetables**			
Meats/Meat Alternates**			
Grains			



2. 6-month-old infant is served breast milk and is supplemented with family provided formula.

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*	/		
Infant Formula*	/		XXX
Iron-Fortified Infant Cereal			
Fruits/Vegetables**			
Meats/Meat Alternates**			
Grains			



3. 6-month-old infant is served breast milk and pureed fruit provided by the family.

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*	\		
Infant Formula*			
Iron-Fortified Infant Cereal			
Fruits/Vegetables**	\		XXX
Meats/Meat Alternates**			
Grains			

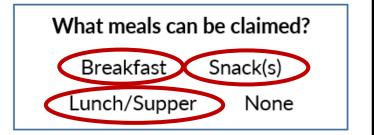
What meals can be claimed?

Breakfast Snack(s)

Lunch/Supper None

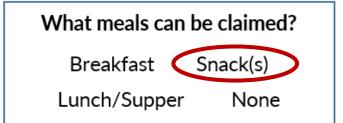
 8-month-old infant is served breast milk and program-provided iron fortified infant cereal and store-bought fruits and vegetables.

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*	/		
Infant Formula*			
Iron-Fortified Infant Cereal		/	XXX
Fruits/Vegetables**		/	XXX
Meats/Meat Alternates**			
Grains			



11-month-old infant is served program-provided formula. The infant is served familyprovided meat/meat alternates, and fruits and vegetables at breakfast and lunch. The infant is served program-provided grains at snack.

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*			
Infant Formula*		/	XXX
Iron-Fortified Infant Cereal			
Fruits/Vegetables**	/		XXX
Meats/Meat Alternates**			XXX
Grains		/	XXX



Thank you!

This institution is an equal opportunity provider.