



# Infant Meals Activity

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

- 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

- 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

- 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

- 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			
Fruits/Vegetables**			
Meats/Meat Alternates**			
Grains			

**What meals can be claimed?**

Breakfast    Snack(s)

Lunch/Supper    None

- 11-month-old infant is served program-provided formula. The infant is served family-provided 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*			
Iron-Fortified Infant Cereal			
Fruits/Vegetables**			
Meats/Meat Alternates**			
Grains			

**What meals can be claimed?**

Breakfast    Snack(s)

Lunch/Supper    None