

# KI BOIS COMMUNITY ACTION INFANT MEALS SERVED

Childs Name: \_\_\_\_\_ AGE: \_\_\_\_\_

Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_

<b>BREAKFAST</b>							
BIRTH THROUGH 5 MONTHS 4-6 fluid oz breast milk <sup>2,3</sup> or formula <sup>1</sup>							
6 THROUGH 11 MONTHS 6-8 fluid oz breast milk <sup>2</sup> or formula <sup>1</sup> 0-2 Tbsp fruit and/or vegetable <sup>4,5</sup> 0-4 Tbsp infant cereal <sup>6</sup> 0-4 Tbsp meat, fish, poultry, whole egg, or cooked dry beans or peas, or 0-2 oz cheese, or 0-4 oz (volume) cottage cheese, or 0-4 oz or 1/2 cup of yogurt							
<b>LUNCH/SUPPER</b>							
BIRTH THROUGH 5 MONTHS 4-6 fluid oz breast milk <sup>2,3</sup> or formula <sup>1</sup>							
6 THROUGH 11 MONTHS 6-8 fluid oz breast milk <sup>2,3</sup> or formula <sup>1</sup> 0-4 Tbsp fruit and/or vegetable <sup>4,5</sup> 0-4 Tbsp infant cereal <sup>6</sup> 0-4 Tbsp meat, fish, poultry, whole egg, or cooked dry beans or peas 0-2 oz cheese 0-4 oz (volume) cottage cheese 0-4 oz or 1/2 cup of yogurt 0-4 oz (weight) cheese food or cheese spread							
<b>SNACK</b>							
BIRTH THROUGH 5 MONTHS 4-6 fluid oz breast milk <sup>2,3</sup> or formula <sup>1</sup>							
6 THROUGH 11 MONTHS 2-4 fluid oz breast milk <sup>2,3</sup> or formula <sup>1</sup> 0-2 Tbsp fruit and/or vegetable <sup>4,5</sup> 0-4 Tbsp infant cereal <sup>6</sup> or ready-to-eat cereal 0-1/2 serving bread <sup>4,5</sup> or 0-2 crackers <sup>4,5</sup>							
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>
	<b>A.M. SNACK</b>	<b>A.M. SNACK</b>	<b>A.M. SNACK</b>	<b>A.M. SNACK</b>	<b>A.M. SNACK</b>	<b>A.M. SNACK</b>	<b>A.M. SNACK</b>
	<b>P.M. SNACK</b>	<b>P.M. SNACK</b>	<b>P.M. SNACK</b>	<b>P.M. SNACK</b>	<b>P.M. SNACK</b>	<b>P.M. SNACK</b>	<b>P.M. SNACK</b>
	<b>LATE P.M. SNACK</b>	<b>LATE P.M. SNACK</b>	<b>LATE P.M. SNACK</b>	<b>LATE P.M. SNACK</b>	<b>LATE P.M. SNACK</b>	<b>LATE P.M. SNACK</b>	<b>LATE P.M. SNACK</b>

<sup>1</sup> Infant formula and dry infant cereal shall be iron-fortified.

<sup>2</sup> It is recommended that breast milk be served in place of formula from birth through 11 months. For some breast-fed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered with additional breast milk offered if the infant is still hungry.

<sup>3</sup> Yogurt must contain no more than 23 grams of total sugars per 6 oz.

<sup>4</sup> A serving of this component is required when the infant is developmentally ready.

<sup>5</sup> Fruit and vegetable juice cannot be served.

<sup>6</sup> Grains shall be made from whole-grain or enriched meal or flour.

<sup>7</sup> Breakfast cereals MUST contain no more than 6 grams of sugar per dry ounce.

Provider Name \_\_\_\_\_

Date \_\_\_\_\_