

DAY CARE HOME INFANT MENU 6 MONTHS TO 1<sup>ST</sup> BIRTHDAY

Breakfast – AM Snack – Lunch – PM Snack – Supper – LN Snack

The infant formula offered at this home is \_\_\_\_\_

Name:	DOB:	Date	Date	Date	Date
Name:	DOB:				
<b>BREAKFAST</b>					
6-8 oz. Breast Milk or Iron-Fortified Infant Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula
0-2 Tbsp. Vegetables or Fruits or Both					
0-4 Tbsp. Iron-Fortified Infant Cereal, Meat, Fish, Poultry, Whole Eggs, Cooked Dry Beans or Peas or 0-2 oz. Cheese or 0-4 oz. Cottage Cheese or 0-4 oz. Yogurt or a combination of the above					
<b>AM SNACK</b>					
2-4 oz. Breast Milk or Iron-Fortified Infant Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula
0-2 Tbsp. Vegetables or Fruits or Both					
0-2 Crackers or 0-1/2 Slice Whole Grain or Enriched Bread or 0-4 Tbsp. Infant Cereal or Breakfast Cereal					
<b>LUNCH</b>					
6-8 oz. Breast Milk or Iron-Fortified Infant Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula
0-2 Tbsp. Vegetables or Fruits or Both					
0-4 Tbsp. Iron-Fortified Infant Cereal, Meat, Fish, Poultry, Whole Eggs, Cooked Dry Beans or Peas or 0-2 oz. Cheese or 0-4 oz. Cottage Cheese or 0-4 oz. Yogurt or a combination of the above					
<b>PM SNACK</b>					
2-4 oz. Breast Milk or Iron-Fortified Infant Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula
0-2 Tbsp. Vegetables or Fruits or Both					
0-2 Crackers or 0-1/2 Slice Whole Grain or Enriched Bread or 0-4 Tbsp. Infant Cereal or Breakfast Cereal					
<b>SUPPER</b>					
6-8 oz. Breast Milk or Iron-Fortified Infant Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula
0-2 Tbsp. Vegetables or Fruits or Both					
0-4 Tbsp. Iron-Fortified Infant Cereal, Meat, Fish, Poultry, Whole Eggs, Cooked Dry Beans or Peas or 0-2 oz. Cheese or 0-4 oz. Cottage Cheese or 0-4 oz. Yogurt or a combination of the above					
<b>LN SNACK</b>					
2-4 oz. Breast Milk or Iron-Fortified Infant Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula	<input type="checkbox"/> Breast Milk <input type="checkbox"/> Formula
0-2 Tbsp. Vegetables or Fruits or Both					
0-2 Crackers or 0-1/2 Slice Whole Grain or Enriched Bread or 0-4 Tbsp. Infant Cereal or Breakfast Cereal					

Solid foods are gradually introduced around 6 months of age.  
Breakfast cereal cannot contain more than 6 grams of sugar per dry ounce.