

YFCI CACFP Infant Menu Form (6-11months)

Use one menu form for **EACH** infant

Use only for **6-11 months old infant**

Infant Name: _____

Age of infant: _____ Months

Provider Name: _____

Provider Number: _____

Claim Month: _____ Year _____

Meal Components Required	Minimum serving size offered 6-11 months	Calendar Dates				
Breakfast						
Breastmilk ¹ or formula ²	6-8 fl. oz.					
Infant cereal ^{2,3} meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas (A) or ⁴ Cheese (B), or Cottage cheese (C), or Yogurt ⁴ (D); or a combination of the above ⁵	0-4 Tbsp. (A) 0-2 oz. (B) 0-4 oz. (C) 0-4 oz. (D)					
Vegetable or fruit or a combination of both ^{5,6}	0-2 Tbsp.					
AM Snack						
Breastmilk ¹ or formula ²	2-4 fl. oz.					
Slice bread ^{3,5,7} (A); or Crackers ^{3,5,7} (B); or Infant cereal ^{2,3,5,7} (C); or Ready-to-eat breakfast cereal ^{3,5,7,8} (D)	0-½ slice (A) 0-2 whole (B) 0-4 Tbsp. (C) 0-2 Tbsp. (D)					
Vegetable or fruit, or combination of both ^{5,6}	0-2 Tbsp.					
Lunch						
Breastmilk ¹ or formula ²	6-8 fl. oz.					
Infant cereal ^{2,3} meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas (A) or ⁴ Cheese (B), or Cottage cheese (C), or Yogurt ⁴ (D); or a combination of the above ⁵	0-4 Tbsp. (A) 0-2 oz. (B) 0-4 oz. (C) 0-4 oz. (D)					
Vegetable or fruit or a combination of both ^{5,6}	0-2 Tbsp.					
PM Snack						
Breastmilk ¹ or formula ²	2-4 fl. oz.					
Slice bread ^{3,5,7} (A); or Crackers ^{3,5,7} (B); or Infant cereal ^{2,3,5,7} (C); or Ready-to-eat breakfast cereal ^{3,5,7,8} (D)	0-½ slice (A) 0-2 whole (B) 0-4 Tbsp. (C) 0-2 Tbsp. (D)					
Vegetable or fruit, or combination of both ^{5,6}	0-2 Tbsp.					
Supper						
Breastmilk ¹ or formula ²	6-8 fl. oz.					
Infant cereal ^{2,3} meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas (A) or ⁴ Cheese (B), or Cottage cheese (C), or Yogurt ⁴ (D); or a combination of the above ⁵	0-4 Tbsp. (A) 0-2 oz. (B) 0-4 oz. (C) 0-4 oz. (D)					
Vegetable or fruit or a combination of both ^{5,6}	0-2 Tbsp.					
For Office use only Menu Minder #						

1. Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some infants who regularly consume less than the minimum amount of [expressed] breastmilk per feeding, a serving of less than the minimum amount of [expressed] breastmilk may be offered, with additional [expressed] breastmilk offered at a later time if the infant will consume more.
2. Infant formula and dry infant cereal must be iron-fortified.
3. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
4. Yogurt must contain no more than 23 grams of total sugars per 6 ounces
5. A serving of this component is required when the infant is developmentally ready to accept it.
6. Fruit and vegetable juices must not be served.
7. A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
8. Breakfast cereals served at snack must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

All serving sizes are minimum quantities of the food components that are required to be served.

When talking with parents or guardians about when to serve solid foods to infants in care, the following guidelines from the American Academy of Pediatrics can help determine if an infant is developmentally ready to begin eating solid foods:

- The infant is able to sit in a high chair, feeding seat, or infant seat with good head control;
- The infant opens his or her mouth when food comes his or her way. He or she may watch others eat, for food, and seem eager to be fed;
- The infant can move food from a spoon into his or her throat; and
- The infant has doubled his or her weight and weighs about 13 pounds or more.

(From USDA Memo Code: CACFP 23-2016)