$\qquad$ Date $\qquad$

| Meal Service | Serving Size per Age Group |  | Components Used | Amounts Used | Number Served by |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast: | Birth - 5 months | 6-11 months |  |  |  |
| Breast milk (BM) or Iron-Fortified Infant Formula (IFIF) (1)(2)(7) | 4-6 fluid ounces | 6-8 fluid ounces | 1. | 1. | Birth-5 Mo. |
| Infant Cereal or Meat/Meat Alternate (3)(4) | None | see options below*** | 2. | 2. | $6-11 \mathrm{Mo}$ |
| Vegetable or Fruit or combination of both (8)(9) | None | 0-2 tablespoons | 3. | 3. |  |
| Lunch or Supper: |  |  |  |  |  |
| Breast milk (BM) or Iron-Fortified Infant Formula (IFIF) (1)(2)(7) | 4 - 6 fluid ounces | 6-8 fluid ounces | 1. | 1. | Birth-5 Mo. |
| Infant Cereal or Meat/Meat Alternate (3)(4) | None | see options below*** | 2. | 2. | $6-11 \mathrm{Mo} .$ |
| Vegetable or Fruit or combination of both(8)(9) | None | 0-2 tablespoons | 3. | 3. |  |
| Snack (Supplements): |  |  |  |  |  |
| Breast milk (BM) or Iron-Fortified Infant Formula (IFIF) (1)(2)(7) | 4-6 fluid ounces | 2 - 4 fluid ounces | 1. | 1. | Birth-5 Mo. |
| Infant Cereal or Grains/Breads <br> Product (3)(4)(6)(7)(10) | None | see options <br> below(6)(7)(10) | 2. | 2. | $6-11 \mathrm{Mo} .$ |
| Vegetable or Fruit or combination of both(8)(9) | None | $0-2$ tablespoons | 3. | 3. |  |

(1). Breastmilk (BM) or Iron-Fortified Infant (IFIF), or portions of both must be served; however, it is recommended that BM be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less that the minimum amount of BM per feeding, a serving of less than that minimum amount of BM may be offered, with additional BM offered at a later time if the infant will consume more.
(2). Mother's wishing to breastfeed their infants on-site at the facility may do so and the meals are fully reimbursable. Infants cannot be taken off-site and have the meals claimed.
(3). Beginning October 1, 2019, ounce equivalents are 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 grains must be whole-grain rich, enriched meal, or enriched flour.
(6). Breakfast cereals must contain no more than 6 grams of sugars per dry ounce.
(7). Infant formula and dry infant cereal must be iron-fortified.
(8). A serving of this component is required when the infant is developmentally ready to accept it.
(9). Fruit and vegetable juices must not be served to infants.
(10). Grains/breads options for infants ages 6-11 months:
$0-1 / 2$ slice bread or $0-4$ tablespoons infant cereal
$0-2$ crackers or $0-4$ tablespoons ready-to-eat breakfast cereal
***Eligible meat/meat alternates for infants are as follows:
0-4 tablespoons:
Infant cereal
Meat, fish, poultry
Whole egg
Cooked, dry beans or peas
0-2 ounces cheese
$0-4$ ounces cottage cheese
$0-8$ ounces yogurt
Or a combination of the above

