



Kids' Nutrition Company, Inc.

Infant's Name/Age: _____ Formula/MM: _____

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INFANT MENU

Infants should be fed on demand and should not be restricted to a rigid feeding schedule.

	Breakfast	Lunch/Supper	Snack
Birth through 5 months of age	4-6 fl oz Breast milk ¹ or 4-6 fl oz Iron-Fortified Infant Formula (IFIF) ² /Mother's Milk	4-6 fl oz Breast milk ¹ or 4-6 fl oz Iron-Fortified Infant Formula (IFIF) ² /Mother's Milk	4-6 fl oz Breast milk ¹ or 4-6 fl oz Iron-Fortified Infant Formula (IFIF) ² /Mother's Milk
6 through 11 months of age	6-8 fl oz Breast milk ¹ or 6-8 fl oz Iron-Fortified Infant Formula (IFIF) ² /Mother's Milk	6-8 fl oz Breast milk ¹ or 6-8 fl oz Iron-Fortified Infant Formula (IFIF) ² /Mother's Milk	2-4 fl oz Breast milk ¹ or 2-4 fl oz Iron-Fortified Infant Formula (IFIF) ² /Mother's Milk
	0-4 tbsp Iron-Fortified Infant Cereal (IFIC) ² or 0-4 tbsp Meat, fish, poultry, whole eggs, cooked dried beans or peas ⁴ or 0-2 oz Cheese ⁴ or 0-4 oz cottage cheese or 0-4 oz or ½ cup yogurt ³	0-4 tbsp Iron-Fortified Infant Cereal (IFIC) ² or 0-4 tbsp Meat, fish, poultry, whole eggs, cooked dried beans or peas ⁴ or 0-2 oz Cheese ⁴ or 0-4 oz cottage cheese or 0-4 oz or ½ cup yogurt ³	0-4 tbsp Iron-Fortified Infant Cereal (IFIC) ² or 0-4 tbsp ready-to-eat cereal ^{4,6,7} or 0-1/2 Slice of Bread ⁶ or Crackers ⁶
	0-2 tbsp Fruit and/or Vegetable—appropriate consistency ^{4,5}	0-2 tbsp Fruit and/or Vegetable—appropriate consistency ^{4,5}	0-2 tbsp Fruit and/or Vegetable—appropriate consistency ^{4,5}

Check the meal served.	Date:	Date:	Date:	Date:	Date:	Date:	Date:
<input type="checkbox"/> Breakfast							
<input type="checkbox"/> AM Snack							
<input type="checkbox"/> Lunch							
<input type="checkbox"/> PM Snack							
<input type="checkbox"/> Supper							

- 1. Breast milk or IFIF or portions of both must be served; however it is recommended that breast milk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum per feeding, a serving of less than the minimum may be offered with additional breast milk offered at a later time if the infant will consume more.
- 2. Infant formula and infant cereal must be iron-fortified
- 3. Yogurt must contain no more than 23 grams of total sugars per 6 oz serving

- 4. A serving of this component is required only when the infant is developmentally ready to accept it.
- 5. Fruit and/or Vegetable juice must not be served
- 6. Grains must be whole-grain rich, enriched meal, or enriched flour
- 7. Ready-to-eat breakfast cereal must contain no more than 6 grams of sugar per dry ounce (or 21.2 grams per 100 grams dry cereal)

White-FDHC Sponsor

Yellow-Provider

Signature _____