

NCO/RCCC INFANT MENU PLAN

<u>Child's Name:</u>	<u>Age(Months):</u>	<u>Name of Formula:</u>

	0 through 5 months	6 through 11 months	DATE:		DATE:		DATE:		DATE:		DATE:	
BREAKFAST	formula*	6 to 8 fl. oz. breast milk or formula*										
		0 to 4 Tbs. infant cereal**, meat, fish, poultry, whole egg, cooked dry beans, 0-2 oz cheese, 0 to 4 oz cottage cheese, 0 to 4oz yogurt										
		0 to 2 Tbs. fruit and/or vegetable										
LUNCH OR DINNER	formula*	6 to 8 fl. oz. breast milk or formula*	LUNCH	DINNER	LUNCH	DINNER	LUNCH	DINNER	LUNCH	DINNER	LUNCH	DINNER
		0 to 4 Tbs. infant cereal**										
		<i>and/or...</i>										
		0 to 4 Tbs. lean meat, fish, poultry, whole egg, or cooked dry beans or peas, or 0 to 2 oz. cheese or 0 to 4 oz. cottage cheese, or 0 to 4 oz. yogurt,										
	0 to 2 Tbs. fruit and/or vegetable											
AM or PM SNACK	formula*	2 to 4 fl. oz. breast milk or formula*	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
		0 to 1/2 slice of bread***, 0-2 crackers***										
		0-4 Tbs. infant cereal** or ready to eat breakfast cereal***										
		0-2 Tbs vegetable or fruit										

* Must be iron-fortified infant formula

** Must be iron-fortified and whole grain rich or enriched meal or flour dry, infant cereal

**** Must be whole grain rich, enriched meal or enriched flour

REV 8/19

DEFINITION OF "INFANT" AS DEFINED BY CHILD CARE FOOD PROGRAM REGULATION: "INFANT" MEANS A CHILD WHO HAS NOT YET REACHED HIS/HER FIRST BIRTHDAY (INFANT MENU REQUIRED).

DEFINITION OF "INFANT" AS DEFINED BY FAMILY CHILD CARE HOME LICENSING REGULATION: "INFANT" MEANS A CHILD WHO HAS NOT YET REACHED HIS/HER SECOND BIRTHDAY.

- 1) Breast milk shall be provided by the infant's mother. It is required that breast milk or iron-fortified infant formula (and not cow's milk) be served during the entire first year.
- 2) For infants 6-11 months of age, solid foods are optional, and should be introduced only when the infant is developmentally ready. Solid foods should be introduced one at a time on a gradual basis.
- 3) Whenever possible consult with the parents in making decision to introduce solid foods.
- 4) Yogurt must contain no more than 23 grams of total sugar per 6 ounces.
- 5) Ready to eat breakfast cereals must contain no more than 6 grams sugar per dry ounce.
- 6) Vegetable and fruit juices must not be served.

I CERTIFY THAT CHILDREN WERE OFFERED REQUIRED FOODS LISTED FOR THEIR AGE GROUP and that this information is true and correct in all respects; I understand that this information is being given in connection with receipt of federal funds and that deliberate misrepresentation or withholding of information may result in prosecution under applicable state and federal statutes.

Forms due by the 5th day of the month following care to NCO/RCCC, 14913 Lakeshore Dr. Suite C, Clearlake, Ca 95422.

Provider's Signature / Date