

The infant formula offered at this home is _____

Name:	DOB:	Date	Date	Date	Date	Date
Name:	DOB:					
BREAKFAST						
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	<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						
AM SNACK						
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	<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						
LUNCH						
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	<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						
PM SNACK						
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	<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						
SUPPER						
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	<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						
LN SNACK						
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	<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.

This institution is an equal opportunity provider.