



# Child Care Food Program—Infant Menu

Date Menu From \_\_\_\_/\_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_/\_\_\_\_

Division of Food and Nutrition Services • MONTGOMERY COUNTY PUBLIC SCHOOLS

**MCPS Form 240-56  
December 2016**

**INSTRUCTIONS:** Return completed menus monthly with [MCPS Form 240-54, Monthly Invoice](#).

Provider Name \_\_\_\_\_ Vendor # \_\_\_\_\_ Phone Number \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_

Address Street \_\_\_\_\_ City \_\_\_\_\_ MD ZIP Code \_\_\_\_\_

Infant #1 Name \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_ months

**Check who provides formula**  Parent  Provider  Indicate if Breast Milk or Provide Formula Name \_\_\_\_\_

Infant #2 Name \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_ months

**Check who provides formula**  Parent  Provider  Indicate if Breast Milk or Provide Formula Name \_\_\_\_\_

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Formula and/or breast milk* (0–11 months)							
	Infant Cereal/Protein* (6–11 months)							
	Fruit and/or vegetable (6–11 months)							
<b>AM SNACK</b>	Formula and/or breast milk (0–11 months)							
	Bread or Crackers or Infant Cereal <b>OR</b> Ready to Eat Cereal							
	Fruit and/or Vegetable (0–11 months)							
<b>LUNCH</b>	Formula and/or breast milk (0–11 months)							
	Infant Cereal/Protein* (6–11 months)							
	Fruit and/or vegetable (6–11 months)							
<b>PM SNACK</b>	Formula and/or breast milk (0–11 months)							
	Bread or Crackers or Infant Cereal <b>OR</b> Ready to Eat Cereal							
	Fruit and/or Vegetable (0–11 months)							
<b>SUPPER</b>	Formula and/or breast milk (0–11 months)							
	Infant Cereal/Protein* (6–11 months)							
	Fruit and/or Vegetable (0–11 months)							

\*Refer to the Meal Pattern Guidelines on the reverse side.

## Infant Meal Pattern Guidelines by Age

	Birth through 5 months	6 through 11 months (until Age 1)
<b>BREAKFAST, LUNCH, OR SUPPER</b>	4–6 fl. oz. Breast Milk <sup>1</sup> <b>OR</b> Formula <sup>2</sup>	<p>6–8 fl. oz. Breast Milk<sup>1</sup> <b>OR</b> Formula<sup>2</sup> <b>AND</b>            0–4 tbsp. of the following listed below:</p> <p style="text-align: center;">Infant Cereal<sup>(2,3)</sup></p> <p style="text-align: center;">Lean Meat, Fish, Poultry, Whole Egg,            Cooked Dry Beans Or Cooked Dry Peas <b>OR</b></p> <p style="text-align: center;">0–2 oz. of Cheese <b>OR</b></p> <p style="text-align: center;">0–4 oz. of Cottage Cheese <b>OR</b></p> <p style="text-align: center;">0–8 oz. of Yogurt<sup>4</sup> <b>OR</b></p> <p style="text-align: center;">A combination of the above<sup>5</sup> <b>AND</b></p> <p style="text-align: center;">0–2 tbsp. Vegetables <b>OR</b> Fruit<sup>3</sup> <b>OR</b>            a combination of both<sup>(5,6)</sup></p>
<b>SNACK</b>	4–6 fl. oz. Breast Milk <sup>1</sup> <b>OR</b> Formula <sup>2</sup>	<p>2–4 fl. oz. of Breast Milk<sup>1</sup> <b>OR</b> Formula<sup>2</sup> <b>AND</b></p> <p style="text-align: center;">0–1/2 Slice bread<sup>(3,7)</sup> <b>OR</b></p> <p style="text-align: center;">0–2 Crackers<sup>(3,7)</sup> <b>OR</b></p> <p style="text-align: center;">0–4 tbsp. Infant Cereal<sup>(2,3,7)</sup> <b>OR</b></p> <p style="text-align: center;">Ready to eat Breakfast Cereal<sup>(3,5,7,8)</sup> <b>AND</b></p> <p style="text-align: center;">0–2 tbsp. Vegetables <b>OR</b> fruit, <b>OR</b>            a combination of both<sup>(5,6)</sup></p>

<sup>1</sup> Breast milk or Formula 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 breast fed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered at a later time if the infant will consume more.

<sup>2</sup> Infant formula and Infant cereal must be iron fortified.

<sup>3</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

<sup>4</sup> Yogurt must contain no more than 23 grams of total sugar per 6 ounces.

<sup>5</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>6</sup> Fruit and Vegetable juices must not be served.

<sup>7</sup> A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

<sup>8</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).