










Child Care Food Program








INFANT FOOD CHART

Age: 0 to 3 Months 4 to 7 Months 8 to 11 Months





















BREAKFAST

 Iron Fortified Formula (IFF) or Breast Milk	 4-6 oz	 4-8 oz	 6-8 oz
 Iron Fortified Infant Cereal (IFIC)		 0-3 tbsp*	 2-4 tbsp
 Fruit and/or vegetable			 1-4 tbsp

SNACK

 Iron Fortified Formula (IFF) or Breast Milk	 4-6 oz	 4-6 oz	
 IFF, Breast Milk or Fruit Juice			 2-4 oz
 Bread or Crackers			 0-1/2 Slice or 0-2 Crackers*

LUNCH/SUPPER

 Iron Fortified Formula (IFF) or Breast Milk	 4-6 oz	 4-8 oz	 6-8 oz
 Iron Fortified Infant Cereal (IFIC)		 0-3 tbsp*	 2-4 tbsp
 or Meat or Poultry or Fish or Egg Yolk			 1-4 tbsp
 or Cooked dry Beans or Peas			 1-4 tbsp
 or Cheese			 1/2 – 1 oz
 or Cottage Cheese			 1-4 oz
 or Cheese Food or Cheese Spread			 1-4 oz
 Fruit and/or vegetable		 0-3 tbsp*	 1-4 tbsp

POINTS TO REMEMBER

Optional*

- Keep Menu Records
- The required amount of each food must be offered
- Use full strength juice
- No Yogurt
- No Honey
- No Egg White
- No cows milk under 12 months
- Infants are fed on demand

UMCHS is an equal opportunity provider