

How to Fill Out Monthly Infant Menus Individual

1. Fill out all of the information in the blanks provided; center name, infant name, center formula, month of, infant formula type and infant DOB.
2. If you are using the individual infant menu, list infant foods you provide at your center to infants, in the different categories listed on the menu. Have the parent/guardian circle the foods they wish their child to receive. Also, remember to list any special requirements.
3. Fill out the date section of the menu with a three part date, i.e. 3-27-2007.
4. Blanks to the left of the specific menu items should be filled out with the quantity that the infant ate, for example, 2T infant cereal, 4oz formula/breast milk.
5. Document the quantity of formula or breast milk taken as the amount needed to meet each meal requirement even if the entire amount is taken in two feedings, for example if the infant took 2 ounces at 8:00 am and another 2 ounces at 10:00 am. The total amount of 4 ounces would count towards breakfast.
6. Blanks to the right of the menu items such as, infant cereal or meat/poultry, and fruits/vegetables should be filled out with the specific food item that the infant was fed, for example X T infant cereal rice.
7. Blanks to the left of the bread or crackers meal item should be filled out with number of slices of bread and number of crackers that the infant ate, i.e. $\frac{1}{2}$ slice of bread, $1\frac{1}{2}$ cracker.
9. The Infant Daily Menu should reflect parent selections from the Infant Meal Approval Form.
10. **The Universal Infant Daily Menu may no longer be used. Discard all copies.**

Note:

1. All formula is to be iron fortified unless a doctor's note is provided.
2. All infant dry cereal is to be iron fortified.
3. You must make available at least three (3) vegetables and three (3) fruits on your infant menu.
4. **NO MIXTURES!** This includes infant dinners, cobblers, desserts, and jarred or dry cereals with fruits.
5. **NO JUICE** (infant or regular juice)