



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
 BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
 CHILD AND ADULT CARE FOOD PROGRAM
INDIVIDUAL INFANT MEAL RECORD 6-11 MONTHS (7 DAY)

Infant's Name		Age in months	Date of Birth / /
Center/Provider	Breastmilk <input type="checkbox"/> Yes <input type="checkbox"/> No	Formula Type	Claim Month/Year / /

List specific foods consumed by this infant. Foods from child menu may be used if infant is developmentally ready.

Meals claimed Breakfast Snack Lunch Supper

Requirements		Date	Date	Date	Date	Date	Date	Date
Breakfast		/ /	/ /	/ /	/ /	/ /	/ /	/ /
Iron fortified formula or breastmilk; AND	6-8 fluid ounces							
Vegetable, fruit or both; AND	0-2 tablespoons							
Infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or	0-4 tablespoons							
cheese; or	0-2 ounces							
cottage cheese; or	0-4 ounces							
yogurt; or	0-4 ounces							
a combination*								
Snack								
Iron fortified formula or breastmilk; AND	2-4 fluid ounces							
Vegetable, fruit or both; AND	0-2 tablespoons							
Infant cereal or ready to eat cereal; or	0-4 tablespoons							
Slice of bread; or	0-1/2 slice							
Crackers	0-2							
Lunch/Supper								
Iron fortified formula or breastmilk; AND	6-8 fluid ounces							
Vegetable, fruit or both; AND	0-2 tablespoons							
Infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or	0-4 tablespoons							
cheese; or	0-2 ounces							
cottage cheese; or	0-4 ounces							
yogurt; or	0-4 ounces							
a combination*								

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

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

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

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

⁶ Fruit and vegetable juices must not be served.