

Michigan Department of Education
Grants Coordination and School Support
Child and Adult Care Food Program
(CACFP)

Infant Menus

Infant Meal Pattern Requirements

- Birth through 3 months
- 4 through 7 months
- 8 through 11 months

Infant Meal Pattern Requirements

Michigan Department of Education
Child and Adult Care Food Program

Infant Meal Pattern Requirements

	Birth Through 3 Months	4 Through 7 Months	8 Through 11 Months
Breakfast	4 - 6 fluid ounces of infant formula or breast milk	4 - 8 fluid ounces of infant formula or breast milk (optional) 0 - 3 Tbsp. of infant cereal	6 - 8 fluid ounces of infant formula or breast milk; and 2 - 4 Tbsp. of infant cereal; and 1 - 4 Tbsp. of fruit and/or vegetable
Lunch or Supper	4 - 6 fluid ounces of infant formula or breast milk	4 - 8 ounces of infant formula or breast milk (optional) 0 - 3 Tbsp. of infant cereal 0 - 3 Tbsp. of fruit and/or vegetable	6 - 8 fluid ounces of infant formula or breast milk; and 2 - 4 Tbsp. of infant cereal <i>or</i> 1 - 4 Tbsp. of meat, fish, poultry, egg yolk, or cooked dry beans or peas; <i>or</i> ½ - 2 ounces (weight) of cheese, <i>or</i> 1 - 4 ounces (weight or volume) of cottage cheese or cheese food or cheese spread; and 1 - 4 Tbsp. of fruit and/or vegetable
Snack	4 - 6 fluid ounces of infant formula or breast milk	4 - 6 fluid ounces of infant formula or breast milk	2 - 4 fluid ounces of infant formula or breast milk or full-strength fruit juice (optional) 0 - ½ slice of crusty bread; <i>or</i> 0 - 2 crackers

- Infant formula and dry infant cereal must be iron-fortified.
- Foods shall be of texture and consistency appropriate for the particular age served.
- Foods shall be served during a span of time consistent with the child's eating habits.
- Additional foods may be served to infants 4 months of age and older, with the intent of improving their overall nutrition.
- Breast milk must be provided by the infant's own mother.
- Bread or crackers must be made from whole grain or enriched meal or flour and suitable for an infant for use as finger food.
- Do not serve peanut butter, egg whites, commercially prepared fish products (such as fish sticks) and honey (including graham crackers made with honey) to infants.

Menus

- Infant Menu Record Instructions, pages, 2-3
- 0 through 3 months, page 4
- 4 through 7 months, page 5
- 8 through 11 months, page 6

Sample Infant Menu Record for Infants 0 – 3 months

Site/Room INFANT ROOM

Month OCTOBER Year 20xx

Michigan Department of Education
Child and Adult Care Food Program

NOTE: On the day the infant turns 4 months, the new menu pattern must be followed

Sample Infant Menu Record for Infants 0 through 3 Months

Full names and birth dates of children served this menu	Required Components	List of Food (s) Actually Served Each Day				
		Date: 10-1-XX	Date: 10-2-XX	Date: 10-3-XX	Date: 10-4-XX	Date: 10-5-XX
Alger, Anna 8/12/XX Calhoun, Carla 9/3/XX	Breakfast 4 to 6 fluid ounces of iron-fortified infant formula or breast milk	Anna - formula Carla- breast milk-B*	Anna - formula Carla- breast milk-B*	Anna - formula Carla- breast milk-B*	Carla- breast milk-B*	Anna - formula
	A.M. Snack 4 to 6 fluid ounces of iron-fortified infant formula or breast milk	Anna - formula Carla- breast milk-B*	Anna - formula Carla- breast milk-B*	Anna - formula Carla- breast milk-B*	Anna - formula Carla- breast milk-B*	Anna - formula
	Lunch 4 to 8 fluid ounces of iron-fortified infant formula or breast milk	Anna - formula Carla- breast milk-M*	Anna - formula Carla- breast milk-M*	Anna - formula Carla- breast milk-M*	Anna - formula Carla- breast milk-M*	Anna - formula
	P.M. Snack 4 to 6 ounces of iron-fortified formula or breast milk	Anna - formula Carla- breast milk-B*	Anna - formula Carla- breast milk-B*	Anna - formula Carla- breast milk-B*	Anna - formula Carla- breast milk-B*	Anna - formula
	Supper 4 to 8 fluid ounces of iron-fortified infant formula or breast milk	Anna - formula Carla- breast milk-B*	Anna - formula Carla- breast milk-B*	Anna - formula Carla- breast milk-B*	Anna - formula Carla- breast milk-B*	Anna - formula

* B=Breast milk from bottle

*M=Mom breast feeds (not reimbursable)

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An infant menu record must be kept for each child under 12 months of age.

Claim infants only if staff feeds them.



Sample Infant Menu Record for Infants 4 – 7 months

Site/Room INFANT ROOM

Month OCTOBER Year 20xx

Michigan Department of Education
Child and Adult Care Food Program

NOTE: On the day the infant turns 8 months, the new menu pattern must be followed

Sample Infant Menu Record for Infants 4 through 7 Months

Full names and birth dates of children served this menu	Required Components	List of Food (s) Actually Served Each Day				
		Date: 10-1-XX	Date: 10-2-XX	Date: 10-3-XX	Date: 10-4-XX	Date: 10-5-XX
Barry, Brenda 3-22-XX Wexford, William 4-18-XX Clark, Sarah 4-18-XX	Breakfast 4 to 8 fluid ounces of iron-fortified infant formula or breast milk. and (Optional) 0 to 3 Tbsp. iron-fortified dry infant cereal.	Brenda-formula, rice cereal Sarah-formula, cereal William - breast milk	Brenda-formula, rice cereal Sarah-formula William - breast milk	Brenda - formula William - breast milk	Brenda-formula, rice cereal Sarah-formula, cereal William - breast milk	Brenda-formula, rice cereal Sarah - formula William - breast milk
	A.M. Snack 4 to 6 fluid ounces of iron-fortified infant formula or breast milk	Brenda - formula, cracker Sarah - formula William - breast milk	Brenda - formula Sarah - formula William - breast milk	Brenda - formula William - breast milk	Brenda - formula, cracker Sarah - formula William - breast milk	Brenda - formula Sarah - formula William - breast milk
	Lunch 4 to 8 fluid ounces of iron-fortified infant formula or breast milk and (Optional) 0 to 3 Tbsp. iron-fortified dry infant cereal, 0 to 3 Tbsp. fruit and/or vegetable	Brenda - formula, rice cereal Sarah - formula, rice cereal William - breast milk	Brenda - formula, rice cereal Sarah - formula, green beans, rice cereal William - breast milk	Brenda - formula, rice cereal William - breast milk	Brenda - formula, apple sauce, rice cereal Sarah - formula, rice cereal William - breast milk	Brenda - formula, rice cereal Sarah - formula, plums William - breast milk
	P.M. Snack 4 to 6 ounces of iron-fortified formula or breast milk	Brenda - formula Sarah - formula William - breast milk	Brenda - formula, cracker Sarah - formula William - breast milk	Brenda - formula William - breast milk	Brenda - formula, cracker Sarah - formula William - breast milk	Brenda - formula Sarah - formula, cracker William - breast milk
	Supper 4 to 8 fluid ounces of iron-fortified infant formula or breast milk	Sarah - formula, rice cereal, peaches William - breast milk	Sarah - formula, green beans, rice cereal William - breast milk	William - breast milk	Sarah - formula, rice cereal, carrots William - breast milk	Sarah - formula, plums William - breast milk

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Sample Infant Menu Record for Infants 8 – 11 months

Site/Room INFANT ROOM

Month OCTOBER Year 20xx

Michigan Department of Education
Child and Adult Care Food Program

NOTE: On the day the infant turns 12 months, the new menu pattern must be followed

Sample Infant Menu Record for Infants 8 through 11 Months

Full names and birth dates of children served this menu	Required Components	List of Food (s) Actually Served Each Day				
		Date: 10-1-XX	Date: 10-2-XX	Date: 10-3-XX	Date: 10-4-XX	Date: 10-5-XX
Kent, Kimberly Livingston, John 10-18-XX 12-10-XX	Breakfast 6 to 8 fluid ounces of iron-fortified infant formula or breast milk and 2 to 4 Tbsp. iron-fortified dry infant cereal and 1 to 4 Tbsp. fruit/vegetable	formula/breast milk mixed cereal apricots	formula/breast milk infant oatmeal sweet potato	formula/breast milk rice cereal apple sauce	formula/breast milk barley cereal banana	formula/breast milk rice cereal plums
	A.M. Snack 2 to 4 fluid ounces of iron-fortified infant formula, breast milk, or fruit juice and (Optional) 0 to 1/2 slice crusty bread or 0 to 2 cracker type products	formula/breast milk	formula/breast milk	formula/breast milk	formula/breast milk	formula/breast milk
	Lunch 6 to 8 fluid ounces of iron-fortified infant formula or breast milk and 2 to 4 Tbsp. iron-fortified dry infant cereal or 1 to 4 Tbsp. meat, fish, poultry, egg yolk, or cooked dry beans or peas, or ½ to 2 ounces of cheese or 1 to 4 ounces of cottage cheese, or cheese food, or cheese spread. and 1 to 4 Tbsp. fruit/vegetable	formula/breast milk chicken squash	formula/breast milk barley cereal pear/pineapple	formula/breast milk turkey mashed potato	formula/breast milk ground beef peaches	formula/breast milk egg yolk pear
	P.M. Snack 2 to 4 ounces of iron-fortified infant formula, breast milk, or fruit juice and (Optional) 0 to ½ slice crusty bread or 0 to 2 cracker type products	formula	apple-banana juice	formula	mixed fruit juice	apple - cherry juice
Supper 6 to 8 fluid ounces of iron-fortified infant formula or breast milk and 2 to 4 Tbsp. iron-fortified dry infant cereal or 1 to 4 Tbsp. meat, fish, poultry, egg yolk, or cooked dry beans, or peas, or 1 to 4 ounces cottage cheese, or cheese food, or cheese spread or ½ to 2 ounces of cheese. and 1 to 4 Tbsp. fruit/vegetable	formula mixed cereal apple - blueberry	formula pinto beans banana	formula ham peaches	formula cottage cheese apricots	formula turkey squash	

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An infant menu record must be kept for each child under 12 months of age.

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Infant Meal Times

- Small appetites
- Two or more feedings for one meal
- Follow food safety precautions

Non-Credible Infant Foods

- Foods with water listed as first ingredient
- Combination foods or dinners
- Baby desserts
- Fruit juice and juice drinks other than 100% fruit juice

Non-Credible Infant Foods (continued)

- Vegetable juice
- Jarred cereals with or without fruit
- Iron-fortified dry infant cereals containing fruit
- “Adult” cereals

Formula/Food Sign-Off Statement

- Institutions must offer to supply formula and solid food
- Parent may choose to supply formula, breast milk and/or solid food
- Formula/Food Sign-Off Statement must be on file, page 7

Formula/Food Sign-Off Statement

Michigan Department of Education
Child and Adult Care Food Program

Formula/Food Sign-Off Statement

Dear Parent,

Your childcare center participates in the Child and Adult Care Food Program (CACFP). The CACFP is a child nutrition program of the United States Department of Agriculture (USDA). Childcare centers are reimbursed a meal rate to help with the cost of serving nutritious meals to enrolled children. The meals must meet CACFP meal pattern requirements for children and infants.

To meet CACFP requirements, this child care center offers formula and other required infant food to all enrolled infants. The iron-fortified infant formula(s) provided for infants until they turn one year of age is _____.

As the parent or guardian, you may decline the formula offered by the center and supply the infant's formula yourself. However, when your infant turns one year of age, the center will begin to provide milk and the other required food items to meet the meal pattern requirements for toddler-age children.

To assist us in your infant formula and food preferences, please complete the questions below by checking one item each in the formula and solid food sections.

Please Check Your Preferences:

Formula or Breast Milk: (check up to two)

- I want the center to provide formula for my infant.
- I will bring iron-fortified infant formula for my infant.
- I will bring expressed breast milk for my infant.
- I will come to the center to breast feed my infant.

Solid Food: (check one)

- I want the center to provide solid food for my infant when s/he is developmentally ready for it.
- I will bring solid food for my infant when s/he is developmentally ready for it.

Infant's Name: _____ Birth date: _____

Parent/Guardian Signature: _____

Date: _____

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Reimbursable Infant Meals

- Handout, page 8
- Must have iron-fortified infant formula or breast milk
- Must be served to the infant by the caregiver
- If parent feeds the child, not a reimbursable meal
- 8 thru 11 months, provide at least one component per meal or snack

Medical Exception Statement

- Handout, pages, 9-10
- Developmentally delayed child unable to eat a required component
- Formula that is not iron-fortified
- Milk substituted for iron-fortified formula

Resources

- www.michigan.gov/cacfp
- Crediting Foods
- Feeding Infants, A Guide for Use in the Child Nutrition Programs

Questions?

Contact the Michigan Department of
Education,
Child and Adult Care Food Program

Phone: 517-373-7391

Email: mde-cnap-cacfp@michigan.gov

Web site: www.michigan.gov/cacfp