



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 (5 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 <input type="checkbox"/> Breakfast <input type="checkbox"/> Snack <input type="checkbox"/> Lunch <input type="checkbox"/> Supper						
Requirements						
Breakfast		Date / /	Date / /	Date / /	Date / /	Date / /
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.