



Provider Name: _____

* Infants develop at different rates—some infants may be ready to consume solid foods before 6 months of age and Others may be ready after 6 months of age. **Once an infant is developmentally ready to accept solid foods, including Infants younger than 6 months, programs are required to offer them to infants.**

Provider # _____

Month/Year _____

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

Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

Grains must be whole grain-rich, enriched meals, or enriched flour.

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Calendar Date					
IFIF/Breast Milk					
IFIC, meat, fish, poultry, whole eggs, cooked dry beans or cooked dry peas; OR cheese; OR cottage cheese; OR yogurt; OR combination of above					
Vegetable or Fruit or a combination of both					
IFIF/Breast Milk					
Bread; OR cracker; OR IFIC; or ready to eat cereal					
Vegetable or Fruit or a combination of both					
IFIF/Breast Milk					
IFIC, meat, fish, poultry, whole eggs, cooked dry beans or cooked dry peas; OR cheese; OR cottage cheese; OR yogurt; OR combination of above					
Vegetable or Fruit or a combination of both					
IFIF/Breast Milk					
Bread; OR cracker; OR IFIC; or ready to eat cereal					
Vegetable or Fruit or a combination of both					
IFIF/Breast Milk					
IFIC, meat, fish, poultry, whole eggs, cooked dry beans or cooked dry peas; OR cheese; OR cottage cheese; OR yogurt; OR combination of above					
Vegetable or Fruit or a combination of both					
IFIF/Breast Milk					
Bread; OR cracker; OR IFIC; or ready to eat cereal					
Vegetable or Fruit or a combination of both					

Date

X