

Infant Meal Pattern

Serving sizes are listed as a range (ex. 0-4 tablespoons).

- “0” is for infants that are **NOT ready to eat solid foods**.
- When 6-11 month old infants **ARE developmentally ready**:
 - ▶ Providers must **offer ALL three (3)** meal components at **EACH** meal/snack.
 - Serve the amount needed to fit the infant’s appetite and experience with food.
 - *You must OFFER foods, but the infant can choose NOT to eat it (ex. not hungry, sick).*
 - ▶ **Record all three (3)** meal components on your menu at **EACH** meal/snack.

	Birth - 5 Months	6 - 11 Months
Breakfast, Lunch, & Dinner	<ul style="list-style-type: none"> • 4-6 fluid ounces breastmilk¹ OR formula² 	<p>1 • 6-8 fluid ounces breastmilk¹ or formula²;</p> <p style="text-align: center;">AND</p> <p>2* • <i>Choose one:</i> - 0-4 tablespoons infant cereal^{2,3}, OR meat, fish, poultry, whole egg, cooked dry beans, cooked dry peas; OR - 0-2 ounces of cheese; OR - 0-4 ounces (volume) of cottage cheese; OR - 0-4 ounces or 1/2 cup of yogurt⁴; OR - a combination of the above;</p> <p style="text-align: center;">AND</p> <p>3* • 0-2 tablespoons vegetable or fruit or a combination of both⁵</p>
Snack	<ul style="list-style-type: none"> • 4-6 fluid ounces breastmilk¹ OR formula² 	<p>1 • 2-4 fluid ounces breastmilk¹ or formula²;</p> <p style="text-align: center;">AND</p> <p>2* • <i>Choose one:</i> - 0-1/2 slice bread^{3,6}; OR - 0-2 crackers^{3,6}; OR - 0-4 tablespoons infant cereal^{2,3,6} OR ready-to-eat breakfast cereal^{3,6,7};</p> <p style="text-align: center;">AND</p> <p>3* • 0-2 tablespoons vegetable or fruit or a combination of both⁵</p>

* **A serving of this component is REQUIRED when the infant is developmentally ready to accept it.**

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 for 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 Fruit and vegetable juices must not be served.

⁶ A serving of grains must be whole-grain rich, enriched meal, or enriched flour.

⁷ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

**Compliments of your Food Program
Sponsor:
AnSo Child Development
(773) 239-4433**

This institution is an equal opportunity provider.

Revised 10/2019

*****Keep completed forms ON SITE at your facility.*****

Developmentally Ready Form

***For Infants 6 to 11 months old**

Date: _____ Provider's Name: _____

Infant's Name: _____ Birthdate: _____

Dear Parent,

When your child is 6-11 months, your day care provider is **REQUIRED** to offer solid foods to your infant.

The provider **MUST have documentation on file** (ex. a parent note, doctor's note, or this form) on site if the infant is **NOT** developmentally ready and you do **NOT** want solid foods served to your child.

Mark the second box and write in the date when your child is ready to eat **all** of the required foods.

- Infant is NOT developmentally ready to eat all THREE (3) meal components.
Sites that record each infant's menu separately must
ONLY record breast milk/formula on menus until the infant is ready
to eat Fruit/Vegetable AND Infant Cereal (OR meat/alternate at meals OR bread/cracker at snacks)

Baby may be ready to eat solid foods when he/she:

- Is able to sit in a high chair and has good control of his/her head.
- Opens his/her mouth when food comes his/her way (or he/she reaches for your food!)
- Uses his/her tongue to move food from the spoon into his/her mouth (The tongue does not automatically push food out of baby's mouth.)

- Infant is developmentally ready to eat all THREE (3) meal components: *(see other side for full meal pattern)*
1. Breastmilk OR Formula **AND**
 2. Fruit OR Vegetable **AND**
 3. Infant Cereal OR meat/alternate at MEALS (bread/cracker/dry cereal at SNACKS)
(Provider must record ALL 3 meal components on menus at EACH meal/snack.)

Date the Infant became developmentally ready: _____

Notes *(Use this section to document progress, the foods the infant has tried, etc.):*

The Illinois State Board of Education (1-800-545-7892) may require deductions as of 10/1/19:

- When "developmentally ready" documentation is NOT on file for 6-11 month olds,
- When all meal components are being served but not recorded, AND/OR
- When child is eating all components, but some meal components are missing on menus.