Nutrition Services



Infant Resource Materials

Fiscal Year 2027

July 1, 2026 – June 30, 2027

These resources you can photocopy for use in your center.
Other resources are available at the Nutrition Services website:
https://www.education.ne.gov/ns/forms-resources/child-and-adult-care-food-program

Infant Resources

- Infant Meal Pattern
- General Infant Guidelines & Instructions
- CACFP QR Code Reference Guide
- What is in Breastmilk
- Formula & Breastmilk Storage Information
- Developmental Cues
- USDA Choosing Yogurts
- USDA Choose Ready-to-Eat Cereals
- USDA Feeding Infants Using Ounce Equivalent Grains
- Infant Formula & Solid Permission Form *(Master)*
- Infant Production Record *(Sample)*
- Infant Production Records *(Master)*

NUTRITION SERVICES

NEBRASKA DEPARTMENT OF EDUCATION

Nebraska Department of Education
Nutrition Services
Mailing Address:
P.O. Box 94987 Lincoln, Nebraska 68509
Physical Address:
500 S 84th Street Lincoln, Nebraska 68510
Toll Free: 800-731-2233
In Lincoln: 402-471-2967
Fax: 402-471-4407
http://www.education.ne.gov/NS/

INFANT MEAL PATTERN REQUIREMENTS

Breakfast

Birth to 5 months	6 through 11 months
4—6 fluid ounces of breastmilk[1] or formula[2]	6-8 fluid ounces of breastmilk[1] or formula[2] **AND** 0-1/2 oz eq infant cereal[2,3] ; **or** 0-4 Tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; **or** 0-2 ounces of cheese: **or** 0-4 ounces (volume) cottage cheese; **or** 0-4 ounces or 1/2 cup of yogurt[8]; or combination of the above[5]; **AND** 0-2 Tablespoons vegetable, fruit or a combination of both [5,6]

Lunch & Supper

Birth to 5 months	6 through 11 months
4—6 fluid ounces of breastmilk[1] or formula[2]	6-8 fluid ounces of breastmilk[1] or formula[2] **AND** 0-1/2 oz eq infant cereal[2,3] ; **or** 0-4 Tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; **or** 0-2 ounces of cheese: **or** 0-4 ounces (volume) cottage cheese; **or** 0-4 ounces or 1/2 cup of yogurt[8]; **or** combination of the above[5]; **AND** 0-2 Tablespoons vegetable, fruit or a combination of both [5,6]

Snack (s)

Birth to 5 months	6 through 11 months
4—6 fluid ounces of breastmilk[1] or formula[2]	2-4 fluid ounces of breastmilk[1] or formula[2] **AND** 0-1/2 oz eq bread [3,7]; **or** 0-1/2 oz eq infant cereal [2,3,7] **; or** 0-1/4 oz eq crackers [3,7]; **or** 0-1/4 oz eq ready-to-eat breakfast cereal [3,4,7,] **AND** 0-2 Tablespoons vegetable, fruit or a combination of both [5,6]

INFANT MEAL PATTERN REQUIREMENTS

IMPORTANT—Superscript Notations

[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] — Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. **Beginning October 1, 2025, breakfast cereals must contain no more than 6 grams of <u>added sugars</u> per dry ounce.**

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

[6]— Fruit and/or vegetable juices may **not** be served to infants.

[7]— A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

[8]— Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. **Beginning October 1, 2025, yogurt must contain no more than 12 grams of <u>added sugars</u> per 6 ounces (2 grams of sugars per ounce).**

General Information on Caring for Infants in the CACFP



Disclaimer: This is not a complete handbook but a general guideline for feeding infants, a complete infant feeding handbook is available by print or by download by the USDA at: https://www.fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program

Child and Adult Care Food Program (CACFP)
Feeding Infants

Child care centers may choose to participate in the Child and Adult Care Food Program (CACFP). CACFP Centers caring for infants **must** offer at least one formula to infants less than one year of age. The parent/guardian will accept or decline the center's formula. If they decline the center offered formula, they must indicate they will provide either breastmilk or the specific type of infant formula. If the parent/guardian provides their own formula, it must meet USDA requirements to be reimbursable unless a medical statement is obtained.

When the infant is developmentally ready for solid foods to be added to the meal pattern the center must offer these components. However, parents/guardians may **voluntarily** provide one meal component per meal. This is considered one donated item and the center may claim that infant's meal for reimbursement. If two or more components are provided from a source other than the center, the center may **NOT** claim that meal for reimbursement. This means for infants developmentally ready for solid foods and a parent/guardian provides breast milk or formula the center must supply all solid food components for the meal to be eligible for reimbursement. If the infant is receiving the formula offered by the center, the parent/guardian could bring one solid food component per meal for a reimbursable meal.

Centers and sponsoring organizations also need to ensure that the parent or guardian is truly *choosing* to provide the preferred component(s). The center **must not solicit, request or require** the parent or guardian to provide the components to reduce centers cost.

The introduction of solids is based on the developmental readiness of each infant. The parent/guardian will determine, in consultation with their doctor, when to start solid foods. Written documentation is required to be on file identifying solid foods the infant may be served. NDE provides the Infant Formula Selection & Solid Foods form to record specific solids approved by the parent/guardian. The form is designed to be updated as the infants are developmentally ready to accept more foods. It is recommended to have the Infant Formula & Solid Foods forms posted or readily available for parents to update regularly.

If you have any questions, please call Nutrition Services at 800-731-2233 or 402-471-2967

Infant Formula Selection & Solid Foods

Nebraska Child & Adult Care Food Program

The **Infant Formula Selection & Solid Foods Form** is intended to be a living document shared between the child care provider and families to ensure that formula/solid baby foods (texture appropriate) are served at the discretion of the parents. **As new foods are introduced at home, the form must be updated.** This allows the child care providers to know when and what solid foods should be served.

Infant Name:	Date of Birth:

A. **Infant Formula Selection:** This center provides _____ (brand) iron fortified infant formula to all infants under one year of age. I **ACCEPT or DECLINE** (Please circle one) the center's formula. If declined, please identify what will be provided **BREASTMILK** (circle) **or FORMULA** (list brand) _____.

Approximate Feeding Times: _____ _____ _____ _____ **Approximate Quantity (Ounces):** _____

Parent Signature: _____ ***Date:***_____

If the parent provides the formula, the name of the brand they use must be indicated. The center must ensure that the iron-fortified infant formula is reimbursable in the CACFP; regulations require that to be eligible for reimbursement infant formula served must be iron-fortified [7 CFR 226.20(b)(2)]. The Food and Drug Administration (FDA) defines iron-fortified infant formula one that contains 1 milligram or more of iron per 100 Calories when prepared according to label directions [21 CFR 107.10(b)(4)(i)]. The number of milligrams (mg) of iron per 100 kilocalories (calories) of formula can be found on the nutrition facts label of infant formulas.

The following criteria may be used to determine whether a formula is eligible for reimbursement without a medical statement:

1. Ensure that the formula is not an FDA Exempt Infant Formula. An exempt infant formula is an infant formula labeled for use by infants who have inborn errors of metabolism or low birth weight, or who otherwise have unusual medical or dietary problems, as defined in 21 CFR 107.3.

2. Look for "Infant Formula with Iron" or a similar statement on the front of the formula package. All iron-fortified infant formulas must have this type of statement on the package.

3. Use the nutrition facts label as a guide to ensure that the formula is iron-fortified. The nutritive values of each formula are listed on the product's nutrition facts label. To be considered iron-fortified, an infant formula must have 1 mg of iron or more per 100 calories of formula when prepared in accordance with label directions.

4. All Infant Formulas must be approved by the FDA. Therefore, infant formula purchased outside the United States are not acceptable.



INSTRUCTIONS FOR INFANT MEAL RECORDS

The infant meal pattern for the Child and Adult Care Food Program (CACFP) divides the infant's first year into two age groups: Birth through five months and six months through 11 months. Ranges are given for each food portion in the meal pattern to allow for flexibility based on the infant's rate of development and his or her appetite. The amounts listed are the minimum portions that must be served to meet requirements. Some quantities begin with a zero quantity **does not mean these foods are optional**. Rather, this indicates the variations that exist from infant to infant and even day-to-day within an infant's feeding preferences. Some infants may have progressed to larger servings and/or additional foods. Communication with parents is important to coordinate what the infants are being fed at home with what they are being fed in childcare.

A record documenting what and the amount of food offered at each meal and snack **must be completed** for each infant claimed for reimbursement. Either a Daily Infant Meal Record or a Weekly Infant Meal Record **must be completed**. Providers may decide which record is more appropriate for their center.

Daily Infant Meal Records – This form is for several children for one day. Supply the name of the site and the date (MM/DD/YR). Write the names of all infants served that day. Indicate the *specific kinds* and *amounts* of foods offered to each infant based on the meal pattern requirements; i.e., 6 oz. formula, 3 T. green beans, 1/2 oz rice cereal, 2 T chicken.

Add complete and creditable Infant Meals to a point-of-service meal count sheet, i.e. the blue and white Record of Meals and Supplements Served forms. The meal counts from this form must then be transferred to the Claim for Reimbursement Worksheet, form NS-401-G.

Weekly Infant Meal Records – This form is for one child for all week including the first and last name. Supply the name of the site and the date (MM/DD/YR).on the top of each form. Write the *specific* kinds and amounts of food offered to the infant based on meal pattern requirements; i.e., 6 oz. formula, 4 T. plums, 2 T. chicken, 1/2 oz rice cereal.

This form must be used in combination with a point-of-service (POS) meal count sheet, i.e.: blue and white Record of Meals and Supplements Served forms or an approved alternative form.

Child and Adult Care Food Program (CACFP)
Feeding Infants

For a list of creditable and non-creditable food items, refer to the ***Feeding Infants, in the Child and Adult Care Food Program*** guide, Appendix F., pages 149 – 171. This is not an all-inclusive list but includes foods that are most commonly served to infants. The guide is available for download, or to order a print copy at: https://www.fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program.

For more information on creditable foods in CACFP see the Food Buying Guide for Child Nutrition Programs available online and mobile app at: https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs

Infant Reminders:

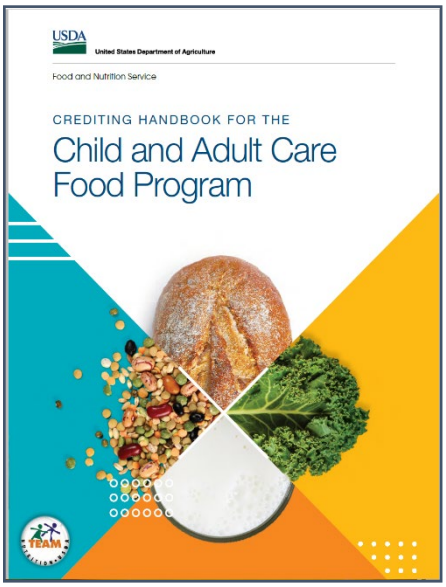
- In the CACFP, a child is considered an infant until his/her first birthday and the entire CACFP Infant Meal Pattern must be followed.
- Each infant must have a complete "Infant Formula Selection" section on the Infant Formula Selection & Solid Foods form.
- Each center is responsible to maintain documentation that provides specific instructions and permission from parents/guardian for each infant being fed solid foods (Infant Formula Selection & Solid Foods form). The documentation should include what foods and textures each infant is developmentally ready to eat.
- A complete enrollment form must be on file for all infants.
- In order to claim a child in the "Free" or "Reduced" category, the sponsor must have a complete and current Income Eligibility and Enrollment Form on file that shows the child qualifies for "Free" or "Reduced" meals based on household size and income.
- A medical statement must be on file for any variation from the Infant Meal Pattern.
- The required Infant Meal Record must show specifically what and how much each child was offered (i.e., 4 oz. breastmilk, 2 T. beef, 1/2 oz rice cereal, 2 T. plums). A staff member must complete the Infant Meal Record at the time the infant meal is prepared.
- The meal must be documented on the point-of-service Meal Count Sheets (blue and whites).
- Up to three meals per day per child may be claimed: if three meals are claimed, at least one must be a snack.
- When an infant is breastfed by his/her visiting mother, that meal can be claimed by the center.
- All infant records must be kept for four years.

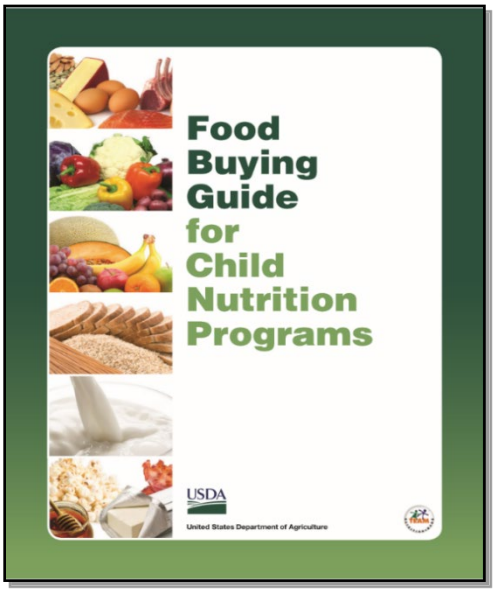
Visit NDE Nutrition Services website for additional information and forms.

https://www.education.ne.gov/ns/forms-resources/child-and-adult-care-food-program/

Child and Adult Care Food Program
Quick Reference Guide
Nebraska Department of Education, Nutrition Services

Scan the QR codes with your phone camera to find links to our top CACFP resources.







USDA Crediting Handbook, Training Tools, Meal Pattern Worksheets

USDA Food Buying Guide, Computer & Cell Phone Applications

USDA Feeding Infants Guide and Training Tools

NEBRASKA DEPARTMENT OF EDUCATION

CACFP Website
http://www.education.ne.gov/ns/cacfp

Alegent Health
This is your healthcare

DID YOU EVER WONDER WHAT'S IN... ?

BREASTMILK

WATER

CARBOHYDRATES (energy source)
- Lactose
- **Oligosaccharides (see below)**

CARBOXYLIC ACID
- Alpha hydroxy acid
  - Lactic acid

PROTEINS
(building muscles and bones)
- Whey protein
  - Alpha-lactalbumin
    - HAMLET (Human Alpha-lactalbumin Made Lethal to Tumour cells)
  - Lactoferrin
  - Many antimicrobial factors (see below)
- Casein
- Serum albumin

NON-PROTEIN NITROGENS
- Creatine
- Creatinine
- Urea
- Uric acid
- Peptides (see below)
- Amino Acids (the building blocks of proteins)
  - Alanine
  - Arginine
  - Aspartate
  - Clycine
  - Cystine
  - Glutamate
  - Histidine
  - Isoleucine
  - Leucine
  - Lycine
  - Methionine
  - Phenylalanine
  - Proline
  - Serine
  - Taurine
  - Theronine
  - Tryptophan
  - Tyrosine
  - Valine
  - Carnitine (amino acid compound necessary to make use of fatty acids as an energy source)
- Nucleotides (chemical compounds that are the structural units of RNA and DNA)
  - 5'-Adenosine monophosphate (5''-AMP)
  - 3',5'-Cyclic adenosine monophosphate (3',5'-cyclic AMP)
  - 5'-Cytidine monophosphate (5'-CMP)
  - Cytidine diphosphate choline (CDP choline)
  - Guanosine diphosphate (UDP)
  - Guanosine diphosphate - mannose
  - 3'- Uridine monophosphate (3'-UMP)
  - 5'-Uridine monophosphate (5'-UMP)
  - Uridine diphosphate (UDP)
  - Uridine diphosphate hexose (UDPH)
  - Uridine diphosphate-N-acetyl-hexosamine (UDPAH)
  - Uridine diphosphoglucuronic acid (UDPGA)
  - Several more novel nucleotides of the UDP type

FATS
- Triglycerides
  - Long-chain polyunsaturated fatty acids
    - Docosahexaenoic acid (DHA) (important for brain development)
    - Arachidonic acid (AHA) (important for brain development)
    - Linoleic acid
    - Alpha-linolenic acid (ALA)
    - Eicosapentaenoic acid (EPA)
    - Conjugated linoleic acid (Rumenic acid)
  - Free Fatty Acids
  - Monounsaturated fatty acids
    - Oleic acid
    - Palmitoleic acid
    - Heptadecenoic acid
  - Saturated fatty acids
    - Stearic
    - Palmitic acid
    - Lauric acid
    - Myristic acid
- Phospholipids
  - Phosphatidylcholine
  - Phosphatidylethanolamine
  - Phosphatidylinositol
  - Lysophosphatidylcholine
  - Lysophosphatidylethanolamine
  - Plasmalogens
- Sphingolipids
  - Sphingomyelin
  - Gangliosides
    - GM1
    - GM2
    - GM3
  - Glucosylceramide
  - Glycosphingolipids
  - Galactosylceramide
  - Lactosylceramide
  - Globotriaosylceramide (GB3)
  - Globoside (GB4)
- Sterols
  - Squalene
  - Lanosterol
  - Dimethylsterol
  - Methosterol
  - Lathosterol
  - Desmosterol
  - Triacylglycerol
  - Cholesterol
  - 7-dehydrocholesterol
  - Stigma-and campesterol
  - 7-ketocholesterol
  - Sitosterol
  - β-lathosterol
  - Vitamin D metabolites
  - Steroid hormones

VITAMINS
- Vitamin A
- Beta carotene
- Vitamin B6
- Vitamin B8 (Inositol)
- Vitamin B12
- Vitamin C
- Vitamin D
- Vitamin E
- a-Tocopherol
- Vitamin K
- Thiamine
- Riboflavin
- Niacin
- Folic acid
- Pantothenic acid
- Biotin

MINERALS
- Calcium
- Sodium
- Potassium
- Iron
- Zinc
- Chloride
- Phosphorus
- Magnesium
- Copper
- Manganese
- Iodine
- Selenium
- Choline
- Sulpher
- Chromium
- Cobalt
- Fluorine
- Nickel

METAL
- Molybdenum (essential element in many enzymes)

GROWTH FACTORS
(aid in the maturation of the intestinal lining)
- Cytokines
  - interleukin-1β (IL-1β)
  - IL-2
  - IL-4
  - IL-6
  - IL-8
  - IL-10
  - Granulocyte-colony stimulating factor (G-CSF)
  - Macrophage-colony stimulating factor (M-CSF)
  - Platelet derived growth factors (PDGF)
  - Vascular endothelial growth factor (VEGF)
  - Hepatocyte growth factor -α (HGF-α)
  - HGF-β
  - Tumor necrosis factor-α
    - Interferon-γ
  - Epithelial growth factor (EGF)
  - Transforming growth factor-α (TGF-α)
  - TGF β1
  - TGF-β2
  - Insulin-like growth factor-I (IGF-I) (also known as somatomedin C)
  - Insulin-like growth factor- II
  - Nerve growth factor (NGF)
  - Erythropoietin

PEPTIDES
(combinations of amino acids)
- HMGF I (Human growth factor)
- HMGF II
- HMGF III
- Cholecystokinin (CCK)
- β-endorphins
- Parathyroid hormone (PTH)
- Parathyroid hormone-related peptide (PTHrP)
- β-defensin-1
- Calcitonin
- Gastrin
- Motilin
- Bombesin (gastric releasing peptide, also known as neuromedin B)
- Neurotensin
- Somatostatin

HORMONES
(chemical messengers that carry signals from one cell, or group of cells, to another via the blood)
- Cortisol
- Triiodothyronine (T3)
- Thyroxine (T4)
- Thyroid stimulating hormone (TSH) (also known as thyrotropin)
- Thyroid releasing hormone (TRH)
- Prolactin
- Oxytocin
- Insulin
- Corticosterone
- Thrombopoietin
- Gonadotropin-releasing hormone (GnRH)
- GRH
- Leptin (aids in regulation of food intake)
- Ghrelin (aids in regulation of food intake)
- Adiponectin
- Feedback inhibitor of lactation (FIL)
- Eicosanoids
  - Prostaglandins (enzymatically derived from fatty acids)
    - PG-E1
    - PG-E2
    - PG-F2
  - Leukotrienes
  - Thromboxanes
  - Prostacyclins

ENZYMES
(catalysts that support chemical reactions in the body)
- Amylase
- Arysulfatase
- Catalase
- Histaminase
- Lipase
- Lysozyme
- PAF-acetylhydrolase
- Phosphatase
- Xanthine oxidase

ANTIPROTEASES
(thought to bind themselves to macromolecules such as enzymes and as a result prevent allergic and anaphylactic reactions)
- a-1-antitrypsin
- a-1-antichymotrypsin

ANTIMICROBIAL FACTORS
(are used by the immune system to identify and neutralize foreign objects, such as bacteria and viruses.)
- Leukocytes (white blood cells)
  - Phagocytes
    - Basophils
    - Neutrophils
    - Eoisinophils
  - Macrophages
  - Lymphocytes
    - B lymphocytes (also known as B cells)
    - T lymphocytes (also known as C cells)
- sIgA (Secretory immunoglobulin A) (the most important antiinfective factor)
- IgA2
- IgG
- IgD
- IgM
- IgE
- Complement C1
- Complement C2
- Complement C3
- Complement C4
- Complement C5
- Complement C6
- Complement C7
- Complement C8
- Complement C9
- Glycoproteins
  - Mucins (attaches to bacteria and viruses to prevent them from clinging to mucousal tissues)
  - Lactadherin
- Alpha-lactoglobulin
- Alpha-2 macroglobulin
- Lewis antigens
- Ribonuclease
- Haemagglutinin inhibitors
- Bifidus Factor (increases growth of Lactobacillus bifidus - which is a good bacteria)
- Lactoferrin (binds to iron which prevents harmful bacteria from using the iron to grow)
- Lactoperoxidase
- B12 binding protein (deprives microorganisms of vitamin B12)
- Fibronectin (makes phagocytes more aggressive, minimizes inflammation, and repairs damage caused by inflammation)
- Oligosaccharides (More Than 200 Different Kinds!)

FORMULA

WATER

CARBOHYDRATES
- Lactose
- Corn maltodextrin

PROTEIN
- Partially hydrolyzed reduced minerals whey protein concentrate (from cow's milk)

FATS
- Palm olein
- Soybean oil
- Coconut oail
- High oleic safflower oil (or sunflower oil)
- M. alpina oil (Fungal DHA)
- C.cohnii oil (Algal ARA)

MINERALS
- Potassium citrate
- Potassium phosphate
- Calcium chloride
- Tricalcium phosphate
- Sodium citrate
- Magnesium chloride
- Ferrous sulphate
- Zinc sulphate
- Sodium chloride
- Copper sulphate
- Potassium iodide
- Manganese sulphate
- Sodium selenate

VITAMINS
- Sodium ascorbate
- Inositol
- Choline bitartrate
- Alpha-Tocopheryl acetate
- Niacinamide
- Calcium pantothenate
- Riboflavin
- Vitamin A acetate
- Pyridoxine hydrochloride
- Thiamine mononitrate
- Folic acid
- Phylloquinone
- Biotin
- Vitamin D3
- Vitamin B12

ENZYME
- Trypsin

AMINO ACID
- Taurine
- L-Carnitine (a combination of two different amino acids)

NUCLEOTIDES
- Cytidine 5-monophosphate
- Disodium uridine 5-monophosphate
- Adenosine 5-monophosphate
- Disodium guanosine 5-monophosphate
- Soy Lecithin



Developed as a student project for the Breastfeeding Course for Health Care Providers, Douglas College, New Westminster, BC, Canada - © 2007 by Cecily Heslett, Sherri Hedberg and Haley Rumble.



BREASTMILK STORAGE

The Nebraska Child Care Licensing Regulations for child care facilities have established stricter breastmilk storage guidelines than the recommended guidelines for families to use in their own home. The goal of this document is to help families and child care providers follow the appropriate breastmilk storage guidelines.

STORAGE LOCATIONS AND TEMPERATURES

TYPES OF BREASTMILK	COUNTERTOP (77°F)	REFRIGERATOR (40°F)	FREEZER (0°F)
FRESHLY EXPRESSED	Refrigerate Promptly Up to 4 hours	Up to 2 days Up to 4 days (optimal) 5-8 days (acceptable)	3 months 6 months (optimal) 12 months (acceptable)
THAWED, PREVIOUSLY FROZEN	Refrigerate Promptly 1-2 hours	Up to 2 days Up to 1 day	NEVER refreeze thawed milk
LEFTOVER FROM FEEDING (baby did not finish the bottle)	Use within 1 hour after the baby has finished feeding Use within 2 hours after the baby has finished feeding		

Note: Breastmilk that is past the Nebraska Child Care Licensing Regulations should be returned promptly to the family.

KEY:

HOME

CHILD CARE FACILITY
(includes both Child Care Centers & Family Child Care Homes)

How to Label Breastmilk for Child Care

It is very important to label all breastmilk that is given to the child care facility. See below for an example of the required information for each label.

MOMMY'S MILK	
BABY'S NAME	Tommy Jones
DATE TO PROVIDER	Sept. 2, 2020
AMOUNT	3 oz
DATE EXPRESSED	Sept. 1, 2020
DATE FROZEN	Not applicable
	Note: Milk that is not labeled should be discarded.

STORE



- Store breastmilk in small amounts of 1 to 4 ounces to avoid wasting.
- Keep a small frozen supply of milk at child care for your baby. If the frozen milk passes the 3 month date, the child care facility should return the breastmilk to the family.

THAW



- Always thaw the oldest frozen milk first.
- Thaw frozen milk under lukewarm running water, in a container of lukewarm water, or overnight in the refrigerator; never thaw milk in a microwave.
- Use milk within 24 hours of thawing in the refrigerator (from the time it is completely thawed, not from the time when you took it out of the freezer).

FEED



- Milk can be served cold, room temperature, or warm.
- To heat milk, place the sealed container into a bowl of warm water or hold under warm running water. Do not heat milk directly on the stove or in the microwave.
- Test the temperature before feeding it to the baby by putting a few drops on your wrist. It should feel warm, not hot.

CLEAN



- To prevent the spread of germs, wash your hands before feeding the baby.
- Encourage mothers to express milk in a clean space (not a bathroom), wash hands before pumping, and chill or refrigerate the milk promptly.

Resources:

Nebraska Child Care Licensing Rules and Regulations (2013):

- dhhs.ne.gov/licensure/pages/child-care-licensing.aspx
- dhhs.ne.gov/licensure/Documents/QandAonNewCenterRegs.pdf
- dhhs.ne.gov/licensure/Documents/QandAonNewFCCHIandIIRegs.pdf

CDC Proper Storage and Preparation of Breastmilk
www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

Developmental Readiness

Developmental readiness for solid foods is one of the most important times for infants, parents, and guardians. However, when is an infant ready for solid foods? This question is very important because of the significance of the associated health challenges of introducing solid foods to infants too early.

According the *American Academy of Pediatrics* (AAP), introducing solid foods to infants before they are ready increases an infant's risk of weight gain during the early years and being overweight later in life. In addition, when infants are not physically ready to accept solid foods, they are at a higher risk of choking because they have not developed the necessary skills for eating solid foods. Another major challenge of serving solid foods too early is infants may consume less breastmilk or iron-fortified formula and not get enough essential nutrients for proper growth and development. Therefore, it is important to introduce solid foods to infants around six months when they are developmentally ready to accept them.

There is no single, direct signal to determine when an infant is developmentally ready to accept solid foods. An infants' readiness depends on his or her rate of development. The AAP provides the following guidelines to help determine when an infant is developmentally ready to accept solid foods:

- The infant is able to sit in a high chair, feeding seat, or infant seat with good head control;
- The infant opens his or her mouth when food comes his or her way. He or she may watch others eat, reach for food, and seem eager to be fed;
- The infant can move food from a spoon into his or her throat; and
- The infant has doubled his or her birth weight.

As an early childhood professional working in a Child and Adult Care Food Program (CACFP) setting, it is important to maintain constant communication with infants' parents or guardians about when and what solid foods should be served while the infant is in care. You may find it useful when talking to parents and guardians to use the AAP guidelines to help determine if an infant is developmentally ready to begin eating solid foods. Another great way to ensure you are meeting the needs of the infant is to request in writing when you should start serving solid foods to their infant.

For additional information on developmental readiness, refer to the following resources:

- *American Academy of Pediatrics' Infant Food and Feeding*
- *CACFP 06-2017:Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers*
- *Feeding Infants: A Guide for Use in the Child Nutrition Programs*

Adapted from the Institute of Child Nutrition

Choose Yogurt That is Lower in Added Sugars in the Child and Adult Care Food Program



All yogurt served in the Child and Adult Care Food Program (CACFP) must contain no more than **12 grams of added sugars per 6 ounces** (2 grams of added sugars per ounce).

There are many types of yogurt that meet this added sugars limit. It is easy to find them by using the Nutrition Facts label and following the steps below.

1 Use the Nutrition Facts label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

2 Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.

3 Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.
If the yogurt has that amount of added sugars, or less, the yogurt meets the added sugars limit.

Nutrition Facts

7 servings per container
Serving size 6 oz (170g)

Amount per serving	
Calories	**130**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 65mg	**5%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 0g	**0%**
Total Sugars 14g	
Includes 10g Added Sugars	**20%**
Protein 14g	**28%**
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 220mg	4%

TIP: If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

Test Yourself:

Does the yogurt above meet the added sugars limit?
(Check your answer on the next page)

Serving Size:_____

Added Sugars:_____

☐ Yes ☐ No



*Serving sizes here refer to those commonly found for store-bought yogurt. Homemade yogurt is not creditable in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.



Try It Out!



Use the "Added Sugars Limit in Yogurt" table below to help find yogurt you can serve at your site. Write down your favorite brands and other information in the "Yogurt To Serve in the CACFP" list. You can use this as a shopping list when buying yogurt to serve in your program.

Added Sugars Limit in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)	Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:	If the serving size is:	If the serving size is:	Added sugars must not be more than:
1 oz	28 g	2 g	4.75 oz	135 g	9 g
1.25 oz	35 g	2 g	5 oz	142 g	10 g
1.5 oz	43 g	3 g	5.25 oz	149 g	10 g
1.75 oz	50 g	3 g	5.3 oz	150 g	10 g
2 oz	57 g	4 g	5.5 oz	156 g	11 g
2.25 oz	64 g	4 g	5.75 oz	163 g	11 g
2.5 oz	71 g	5 g	6 oz	170 g	12 g
2.75 oz	78 g	5 g	6.25 oz	177 g	12 g
3 oz	85 g	6 g	6.5 oz	184 g	13 g
3.25 oz	92 g	6 g	6.75 oz	191 g	13 g
3.5 oz	99 g	7 g	7 oz	198 g	14 g
3.75 oz	106 g	7 g	7.25 oz	206 g	14 g
4 oz	113 g	8 g	7.5 oz	213 g	15 g
4.25 oz	120 g	8 g	7.75 oz	220 g	15 g
4.5 oz	128 g	9 g	8 oz	227 g	16 g

Yogurt To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Added Sugars (g)
Yummy Yogurt	Vanilla	6 oz	10

*The amount of added sugars in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of added sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to "Test Yourself" activity on page 1: This yogurt has 10 grams of added sugars per 6 ounces (170 grams). The maximum amount of added sugars allowed in 6 ounces of yogurt is 12 grams. 10 is less than 12, so this yogurt meets the added sugars limit.

FNS-652 | October 2019, Slightly Revised September 2024
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Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars** per dry ounce.

There are many types of cereal that meet this added sugars limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the added sugars limit by using the Nutrition Facts label and following the steps below:

1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

2 Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.

3 Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not be more than:
12–16 grams	3 grams
26–30 grams	6 grams
31–35 grams	7 grams
45–49 grams	10 grams
55–58 grams	12 grams
59–63 grams	13 grams
74–77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.

If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

*Serving sizes here refer to those commonly found for breakfast cereals.

Yummy Brand Cereal

Nutrition Facts

15 servings per container

Serving size ¾ cup (30g)

Amount per serving

Calories **100**

	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 3g	**11%**
Total Sugars 5g	
Includes 4g Added Sugars	**8%**
Protein 3g	

Test Yourself:

Does the cereal above meet the added sugars limit?
(Check your answer on the next page)

Serving Size:_____

Added Sugars:_____

☐ Yes ☐ No

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.



Try It Out!



Use the "Added Sugars Limit in Cereal" table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the "Cereals To Serve in the CACFP" list. You can use this as a shopping list when buying cereals to serve in your program.

Added Sugars Limit in Cereal

Serving Size	Added Sugars	Serving Size	Added Sugars
If the serving size is:	Added sugars must not be more than:	If the serving size is:	Added sugars must not be more than:
0–2 grams	0 grams	50–54 grams	11 grams
3–7 grams	1 gram	55–58 grams	12 grams
8–11 grams	2 grams	59–63 grams	13 grams
12–16 grams	3 grams	64–68 grams	14 grams
17–21 grams	4 grams	69–73 grams	15 grams
22–25 grams	5 grams	74–77 grams	16 grams
26–30 grams	6 grams	78–82 grams	17 grams
31–35 grams	7 grams	83–87 grams	18 grams
36–40 grams	8 grams	88–91 grams	19 grams
41–44 grams	9 grams	92–96 grams	20 grams
45–49 grams	10 grams	97–100 grams	21 grams

Cereals To Serve in the CACFP*

Cereal Brand	Cereal Name	Serving Size	Added Sugars (g)
Healthy Food Company	*Nutty Oats*	*28 grams*	*5 grams*

*The amount of added sugars in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of added sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched, or fortified.

Answer to "Test Yourself" activity on page 1: The cereal has 4 grams of added sugars per 30 grams. The maximum amount of added sugars allowed for 30 grams of cereal is 6 grams. 4 is less than 6, so this cereal meets the added sugars limit.

FNS-653 | October 2019, Slightly Revised November 2024
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USDA
United States Department of Agriculture
Food and Nutrition Service

Feeding Infants Using Ounce Equivalents for Grains

in the Child and Adult Care Food Program



Grains in the form of bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals are an important part of meals and snacks in the Child and Adult Care Food Program (CACFP). To make sure infants get enough grains, required amounts of grain items are listed in the infant meal pattern as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grain in a portion of food.

As a reminder, iron-fortified infant cereal is the only grain that may count toward a reimbursable breakfast, lunch, or supper in the CACFP infant meal pattern. You may serve bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals as part of a reimbursable snack.

Reminder!

Infant cereals and ready-to-eat cereals must be iron-fortified. Ready-to-eat cereals must contain no more than 6 grams of sugar per dry ounce.

All grains served must be enriched, fortified, or whole grain-rich.

Breakfast/Lunch/Supper

Grain Item	Requirements
Iron-Fortified Infant Cereal; or meats/meat alternates; or both	0-½ oz eq

Snack
(choose at least one item below)

Grain Item	Requirements
Bread/Bread-like Items; or	0-½ oz eq
Crackers; or	0-¼ oz eq
Iron-Fortified Infant Cereal; or	0-½ oz eq
Ready-to-Eat Cereal	0-¼ oz eq

For more information on the CACFP infant meal pattern, see the "Feeding Infants in the Child and Adult Care Food Program" guide at TeamNutrition.USDA.gov.

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Using the Grains Measuring Charts

The Grains Measuring Charts on pages 3–4 tell you how much bread/bread-like items, crackers, iron-fortified infant cereal, and ready-to-eat cereals you need to serve to meet CACFP infant meal pattern requirements. To use these charts:

1. Find the chart that applies to the grain item you want to serve: Iron-Fortified Infant Cereal (Page 3), Bread/Bread-Like Items (Page 3), Ready-To-Eat Cereal (Page 4), Crackers (Page 4).

2. Find the grain you want to serve under the "Grain Item and Size" column.

3. Check if the chart lists a size or weight by the name of the grain. If the chart:

   - **Lists a weight** for the grain, such as ***at least 28 grams***, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same or more than the grain on the chart. See page 5.
   - **Lists a size** for the grain, such as ***about 2" by 2"***, then check if the item is the same size or larger than this amount. See page 6.
   - **Does not list a weight or size** for the grain, then you do not need to check the size or weight of the product before using the chart.

Grains Measuring Chart for the CACFP Infant Meal Pattern

Grain Item and Size
Bread at least 28 grams
Cracker, Saltine (about 2" by 2")
Iron-Fortified Infant Cereal (single and multigrain)

Reminder!

Do not offer babies crackers containing seeds and nuts. These items can increase a baby's risk of choking.



Reminder!

Cut breads and bread-like items into thin strips or small pieces no larger than ½ inch. This will reduce the risk of a baby choking.



BREAD/BREAD-LIKE ITEMS = ½ oz eq

IRON-FORTIFIED INFANT CEREAL = ½ oz eq

Grains Measuring Chart for the CACFP Infant Meal Pattern

Grain Item and Size		½ oz eq is about…	Creditable at Meals or Snacks?
Biscuit at least 28 grams	★	½ biscuit or 14 grams	Snack only
Bread at least 28 grams	★	½ slice or 14 grams	Snack only
Bun or Roll (entire bun or roll) at least 28 grams	★	½ bun/roll or 14 grams	Snack only
Corn Muffin at least 34 grams	★	½ muffin or 17 grams	Snack only
English Muffin (top and bottom) at least 56 grams	★	¼ muffin or 14 grams	Snack only
Iron-Fortified Infant Cereal (single and multigrain)		4 tablespoons (¼ cup) dry	Breakfast, lunch, supper, snack
Pancake at least 34 grams	★	½ pancake or 17 grams	Snack only
Pita Bread/Round at least 56 grams	★	¼ pita or 14 grams	Snack only
Tortilla, Soft, Corn (about 5 ½")	■	¾ tortilla or 14 grams	Snack only
Tortilla, Soft, Flour (about 6")	■	½ tortilla or 14 grams	Snack only
Tortilla, Soft, Flour (about 8")	■	¼ tortilla or 14 grams	Snack only
Waffle at least 34 grams	★	½ waffle or 17 grams	Snack only

★ Check that the item you want to serve weighs this amount, or more.
See "Using the Nutrition Facts Label" on page 5 for more information.

■ Check that the item you want to serve is about this size or larger.
See "Grains Measuring Tools" on page 6 for more information.



CRACKERS = ¼ oz eq



READY-TO-EAT CEREALS = ¼ oz eq

Grains Measuring Chart for the CACFP Infant Meal Pattern

Grain Item and Size	¼ oz eq is about…	Creditable at Meals or Snacks?
Cereal, Ready-to-Eat: Flakes or Rounds (e.g., o-shaped cereal)	4 tablespoons (¼ cup) or 7 grams	Snack only
Cereal, Ready-to-Eat: Puffed (e.g., crispy puffed rice cereal)	5 tablespoons (~⅓ cup) or 7 grams	Snack only
Cracker, Animal (about 1 ½" by 1")	■ 4 crackers or 7 grams	Snack only
Cracker, Bear-shaped or Similar, Sweet (not honey flavored) (about 1" by ½")	⬢ ■ 6 crackers or 7 grams	Snack only
Cracker, Cheese, Square, Savory (about 1" by 1")	■ 5 crackers or 6 grams	Snack only
Cracker, Fish-shaped or Similar, Savory (about ¾" by ½")	■ 11 crackers or 6 grams	Snack only
Cracker, Graham (not honey flavored) (about 5" by 2 ½")	⬢ ■ ½ cracker or 7 grams	Snack only
Cracker, Round, Savory (about 1 ¾" across)	■ 2 crackers or 6 grams	Snack only
Cracker, Round, Savory, Mini (about 1" across)	■ 4 crackers or 6 grams	Snack only
Cracker, Saltine (about 2" by 2")	■ 2 crackers or 6 grams	Snack only
Cracker, Thin Wheat, Square, Savory (about 1 ¼" by 1 ¼")	■ 3 crackers or 6 grams	Snack only
Cracker, Zwieback (not honey flavored)	⬢ 1 cracker or 6 grams	Snack only

⬢ Honey should never be fed to babies younger than 1 year.

■ Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Using the Nutrition Facts Label

Some items on the Grains Measuring Charts may have weights listed by the name of the item. Follow the steps below to see if your grain meets the minimum weight listed in the chart:

Example #1: Pita Bread/Round (1 item in a serving)

1. Find the grain item and its size in the Grains Measuring Chart.

Grain Item and Size
Pita Bread/Round at least 56 grams

The pita bread/round you are comparing must weigh ***at least 56 grams*** to use the chart as a guide to the minimum serving amount.

- If the pita bread/round you want to serve is ***at least 56 grams***, then you can serve that item.
- If the pita bread/round is lighter in weight than the item listed on the Grains Measuring Chart, see page 6.

Nutrition Facts

6 Servings Per Container
Serving Size **1 Round (57g)**



Example #2: Pancakes (more than 1 item in a serving)

1. Find the grain item and its size in the Grains Measuring Chart.
2. Look at the Nutrition Facts label of the grain you wish to serve. Find the weight of the serving size. One serving of pancakes weighs 117 grams.
3. Using the Nutrition Facts label, find out how much is in one serving (for example, the number of pancakes). There are three pancakes in one serving.
4. If there is more than one of an item in a serving, you will need to find the weight of each item. In this example, the serving size is three pancakes.

Grain Item and Size	½ oz eq is about…
Pancake at least 34 grams	½ pancake or 17 grams

Nutrition Facts

4 Servings Per Container
Serving Size **3 Pancakes** **(117g)**



Divide the weight of the serving by the number of items in one serving to find the weight of one item.

117 grams ÷ 3 pancakes = 39 grams per pancake

Serving Weight *Serving Size* *Weight of Each Item*

Compare the weight of one item to the minimum weight listed in the Grains Measuring Chart (from Step 1). Is your item the same weight as, or heavier than, the minimum weight?

☑ **Yes:** In the example above, pancakes must weigh at least 34 grams in order to use the Grains Measuring Chart. Because each pancake weighs 39 grams, you may use the chart as a guide for the minimum serving amount.

What If My Grain Is Different?

Is the grain item you want to serve:

- Smaller than the item listed on the Grains Measuring Chart?
- Lighter in weight than the item listed on the Grains Measuring Chart?
- Not listed on the Grains Measuring Chart?

If the answer is "yes", you will need to use another method to determine how much of a grain item to serve in order to meet CACFP infant meal pattern requirements. You could:

- Enter information from the Nutrition Facts label into the "Food Buying Guide for Child Nutrition Program's (FBG) Exhibit A Grains Tool."* This tool will let you know how many ounce equivalents of grains are in one serving of the item.
- Use the "FBG Recipe Analysis Workbook (RAW)"* to determine the ounce equivalents per serving for standardized recipes.

*Available at foodbuyingguide.fns.usda.gov.

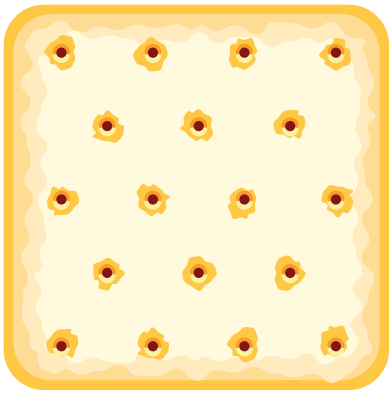
Note: Make sure the food you are entering is creditable for infants. For more information, see "Feeding Infants in the CACFP's Appendix F: Infant Foods List" at fns.usda.gov/sites/default/files/resource-files/FI_AppendixF.pdf.

Grains Measuring Tools

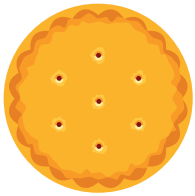
Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

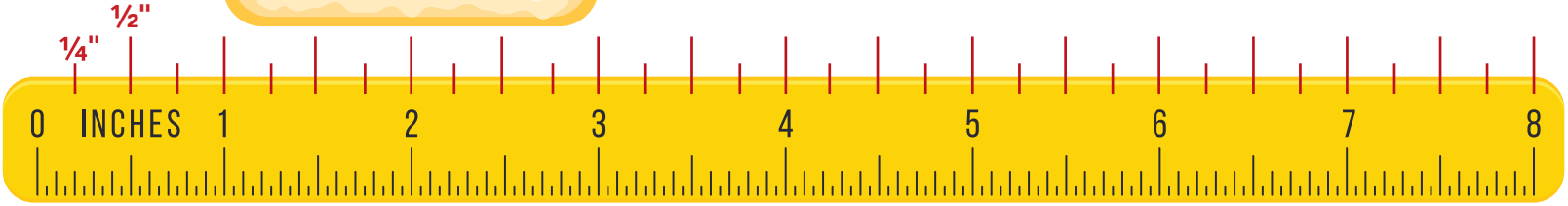
Guides appear as actual size when this worksheet is printed at 100% on standard 8.5" by 11" paper.

2" by 2"



1" across





Infant Formula Selection & Solid Foods Parent Instruction Guide

Nebraska Child and Adult Care Food Program

Revised April 2026

Dear Parent:

The **Infant Formula Selection & Solid Foods Form** is intended to be a living document shared between the childcare provider and families to ensure that breastmilk/formula/solid baby foods (texture appropriate) are served at the discretion of the parents. **As new foods are introduced at home, the form should be updated.** This allows the childcare provider to know what and when to serve solid foods.

Section Instructions:

A. Infant Formula Selection: This section is completed upon enrollment. Childcare providers are required to offer an iron-fortified formula to all infants in their care. This section will state which iron-fortified formula is provided. Parents must either **accept or decline** the formula offered. If the parent declines the formula provided by the childcare provider, an approved formula and/or breastmilk must be provided by the parent.

B. Infant Meals: Once texture appropriate foods have been introduced at home, this section must be updated. The parent must identify which texture appropriate foods and which meals and snacks they wish their child to be offered. An approval date must be entered into the box next to the meals and snack as well as next to the foods the parent wishes to be offered. This form should be updated as foods are introduced at home or as the feeding schedule changes. Once an infant is regularly consuming a variety of foods, the childcare provider must offer the child meals/snacks consistent with the CACFP Infant Meal Pattern (shown below).

CACFP Infant Meal Pattern

*Foods should be introduced when the infant is developmentally ready. Once parent has approved baby/solid foods (texture appropriate), these components must be provided. ***Zero means a gradual introduction to foods, not an optional food.***

Meal	Birth through 5 months	6 through 11 months*
Breakfast, Lunch, Supper	4-6 fluid oz of breastmilk[1] or iron-fortified infant formula[2]	6 – 8 fluid ounces breast milk[1] or iron-fortified infant formula[2] **AND** 0 – ½ ounce equivalent infant iron-fortified infant cereal[2,3]; **OR** 0 – 4 Tablespoons meat, fish, poultry whole egg, cooked dry beans, peas, and lentils **OR** 0 – 2 ounces cheese; **OR** 0 – 4 ounces cottage cheese; **OR** 0 – 4 ounces or ½ Cup of yogurt[4]; **OR** a combination of the above[5]; **AND** 0 – 2 Tablespoons vegetable or fruit, or a combination of both[5,6]
Snacks	4-6 fluid oz of breastmilk[1] or iron-fortified infant formula[2]	2 – 4 ounces breast milk[1] or iron-fortified infant formula[2] **AND** 0 – ½ ounce equivalent bread; [3,7] **OR** 0 – ¼ ounce equivalent crackers;[3,7] **OR** 0 – ½ ounce infant iron-fortified cereal; [2,3] **OR** 0 – ¼ ounce equivalent ready-to-eat breakfast cereal; [3,5,7,8] **AND** 0 – 2 Tablespoons vegetable or fruit, or a combination of both[5,6]

[1] Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered at a later time if the infant will consume more. [2]Infant formula and dry infant cereal must be iron fortified. [3]Information on crediting grain items may be found in FNS guidance. [4] Effective October. 1, 2025,yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). [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. [7] A serving of grains must be whole grain-rich, enriched meal, enriched flour, bran, or germ.[8] Effective October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

Infant Formula Selection & Solid Foods

Nebraska Child & Adult Care Food Program

The **Infant Formula Selection & Solid Foods Form** is intended to be a living document shared between the childcare provider and families to ensure that formula/solid baby foods (texture appropriate) are served at the discretion of the parents. **As new foods are introduced at home, the form must be updated.** This allows the childcare providers to know when and what solid foods should be served.

Infant Name: Date of Birth:

A. **Infant Formula Selection:** This center provides _____ (brand) iron fortified infant formula to all infants under one year of age.

I **ACCEPT or DECLINE** (Please circle one) the center's formula. If declined, please identify what will be provided **BREASTMILK** (circle) **or FORMULA** (list brand) _____.

Approximate Feeding Times: _____ _____ _____ _____ **Approximate Quantity (Ounces):** _____

Parent Signature: _____ ***Date:*** _____

B. **Infant Solids Permission:** My infant is ready for solid foods to be introduced and served according to the CACFP Infant meal pattern, in addition to formula or breast milk. Please insert date (month/yr.) each food may be served and check all meals those foods may be served:

Food	Date (Month/Yr)	Meals (Please check)			**Food**	Date (Month/Yr)	Meals (Please check)			**Food**	Date (Month/Yr)
Iron-Fortified Infant Cereals		*BK*	*LU/SU*	*SN*	**Fruit/Vegetables**		*BK*	*LU/SU*	*SN*	**Ready-to-eat Breakfast Cereal (SNACK ONLY)**	
Rice					Applesauce					Cereal:	
Oat					Apricots					Cereal:	
Barley					Avocados					Cereal:	
Mixed					Bananas					**Grains (SNACK ONLY)**	
Wheat					Carrots					Bread/Rolls	
Meat & Meat Alternatives					Corn					Biscuits	
Beef					Green Beans					Saltine Crackers	
Dry Beans					Mango					Pancakes	
Cheese, Natural					Melon					Waffles	
Chicken					Peaches					Tortillas soft	
Cottage Cheese					Pears					Other:	
Dry peas					Peas					**Please note changes to infant's feeding schedule on the back of this page.**	
Fish					Plums/Prunes						
Pork					Potatoes						
Tuna					Squash						
Turkey					Sweet Potatoes						
Whole Egg					Other:						
Yogurt					Other:						
Other:					Other:						

Revised March 2023

Changes in Schedule		
Date	**New Instructions**	**Parent or Staff Signature**

Infant Formula Selection & Solid Foods
Child Care Provider Instruction Guide

Nebraska Child and Adult Care Food Program

Revised March 2023

Dear Childcare Provider:

The **Infant Formula Selection & Solid Foods Form** is intended to be a living document shared between the childcare provider and families to ensure that breastmilk/formula/solid baby foods (texture appropriate) are served at the discretion of the parents. As new foods are introduced at home, the form should be updated to include the service of those foods at the childcare. This allows the childcare provider to know what and when to serve solid foods.

Instructions:

1. **Infant Formula Selection**: This section is completed upon enrollment. Childcare providers are required to offer an iron-fortified formula to all infants in their care. This section must state which iron-fortified formula the childcare provider is providing. Parents must either **accept or decline** the formula offered. If the parent declines the formula provided by the childcare provider, an approved formula and/or breastmilk must be provided by the parent.

2. **Solid Foods**: Once texture appropriate foods have been introduced at home, this section must be updated. The parent must identify which texture appropriate foods and which meals and snacks they wish their child to be offered. An approval date must be entered into the box next to the meals and snack as well as next to the foods the parent wishes be offered. This form should be updated as foods are introduced at home or as the feeding schedule changes.

    a. If the parent/guardian is unable to complete the date of each new solid food but verbally states to the childcare provider the infant has begun a new solid food, the childcare provider may document on the Solid Foods portion of the Infant Formula Selection & Solid Foods Form the date and meals the new food(s) may be served. The childcare provider must initial next to the dates of those new foods.

    b. Once an infant is regularly consuming a variety of foods, the childcare provider **must** offer the child meals/snacks consistent with the CACFP Infant Meal Pattern. (All three components must be offered for all meals including snacks) All infants must be served at least the minimum portion of each required component. **Zero does not mean that the food is optional, it means that a gradual increase in the quantity of food offered is to occur.**

    c. The childcare provider should write in the type of "ready to eat" breakfast cereal being offered on the Infant Formula Selection & Solid Foods form. (All ready to eat breakfast cereal must meet the sugar limit requirement of no more than 6 grams of sugar per dry ounce.)

    d. If an infant normally eats solids foods for all meals but the parent requests no solid foods due to special circumstances (i.e., child has had an upset stomach) then the childcare provider needs to document the parent/guardian's statement, initial, and date on page 2 of the Infant Formula Selection & Solid Foods form or directly on the infant meal production record.

3. **Infant Meal Production Records:** All required components and quantities prepared of those components must be documented on the infant meal production records at the time of each infant's meal preparation. This is considered the point of service for infant meals.

4. **Infant Meal Count Records:** Once the infant has a complete meal production record for each meal, the meal count sheet (the blue/white sheet) must be marked to claim that meal for reimbursement.

For more information, please contact:
Nebraska Department of Education
Office of Nutrition Services
P.O. Box 94987
Lincoln, NE 68509
Telephone: 402-471-2967 or 800-731-2233
Email: nde.nsweb@nebraska.gov
Web site: http://www.education.ne.gov/NS

This institution is an equal opportunity provider.

Common Abbreviations:
B.M. = Breast milk
F = Formula
Rice = "Rice" Cereal
Oat = "Oatmeal" Cereal
Mixed = "Mixed" Cereal
Infants fed on-site by breastfeeding mothers = B.M. by mom

WEEKLY MEAL RECORD
Individual Infant – Breakfast, Lunch and PM Snack
**All food components are required when infant is developmentally ready*

Child's Name: Abigail Flowers Date of Birth: 02/3/2026
Site: Hokey Pokey CDC Meal Benefit Category: B

Month, Day, Year		BREAKFAST			LUNCH			PM SNACK		
		4-6 Fl. Oz (0-5 months) **6-8 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0 – ½ oz eq.** Infant Cereal **&/or** **0-4 Tbsp** Meat/meat alternate[2]	**0 – 2 Tbsp.** Vegetable, **or** Fruit **or** a combination of both	**4-6 Fl. Oz** (0-5 months) **6-8 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0 – ½ oz eq.** Infant Cereal **&/or** **0-4 Tbsp** Meat/meat alternate[2]	**0– 2 Tbsp.** Vegetable, **or** Fruit **or** a combination of both	**4-6 Fl. Oz** (0-5 months) **2-4 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0-1/2 oz eq** Infant Cereal/ **or** Bread **or** **0 – ¼ oz eq** Crackers **or** Ready-to-eat Breakfast Cereal	**0 – 2 Tbsp.** Vegetable, **or** Fruit **or** a combination of both
8/11/26	Monday	6 oz BM	½ oz Rice	1 Tbsp Bananas	BM by mom	½ oz Oat	2 Tbsp Peas	3 oz BM	¼ oz Cheerios (Plain)	2 Tbsp Peaches
8/12/26	Tuesday	6 oz BM	½ oz Rice	1 Tbsp Applesauce	6 oz BM	4 Tbsp Beef	2 Tbsp Green Beans	3 oz BM	½ oz Pancakes	2 Tbsp Plums
8/13/26	Wednesday	6 o z B M	2 Tbsp Eggs	2 Tbsp Potatoes	6 oz BM	No per mom (illness)	→	3 oz F	¼ oz Graham Crackers	2 Tbsp Mangos
8/14/26	Thursday	4 oz BM & 2oz F	½ oz Oat	1 ½ Tbsp Pears	BM by mom	½ oz Rice	2 Tbsp Apricots	Absent	→	
8/15/26	Friday	Absent	→	→	4oz BM & 2 oz F	½ oz Rice	2 Tbsp Sweet Potatoes	3 oz F	¼ oz Saltine Crackers	2 Tbsp Squash

[1] - 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] - Meats include beef, pork, fish poultry, whole egg (0-4 Tbsp.). Meat alternates include cooked dry beans or dry peas (0-4 Tbsp.), cheese (0-2 ounces), cottage cheese (0-4 ounces), or Yogurt (0-4 ounces or ½ cup).

This form must be used in combination with a point-of-service meal count sheet, i.e., the blue and white Record of Meals and Supplement Served form.

DAILY INFANT MEAL RECORDS:
Multiple Infants – Breakfast, AM Snack, Lunch, PM Snack

**All food components are required when infant is developmentally ready.*

Month/Day/Year: _____ **Site:_____**

Common Abbreviations:
B.M. = Breast milk
F = Formula
Rice = "Rice" Cereal
Oat = "Oatmeal" Cereal
Mixed = "Mixed" Cereal
Infants fed on-site by breastfeeding mothers = B.M. by mom

Last Name, First Name & Date of Birth	Meal Benefit Category	BREAKFAST			AM SNACK			LUNCH			PM SNACK		
		4-6 Fl. Oz (0-5 months) **or** **6-8 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0 – ½ oz eq** Infant Cereal **and/or** **0-4 Tbsp** Meat/ meat alternate[2]	**0 – 2 Tbsp.** Vegetable, **or** Fruit **or a** combination of both	**4-6 Fl. Oz** (0-5 months) **2-4 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0-1/2 oz eq** Infant Cereal **Or** Bread **or** **0 – ¼ oz eq** Crackers **or** Ready-to-eat Breakfast Cereal	**0-2 Tbsp.** Vegetable, **or** Fruit **or a** combination of both	**4-6 Fl. Oz** (0-5 months) **or** **6-8 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0 – ½ oz eq** Infant Cereal **and/or** **0-4 Tbsp** Meat/ meat alternate[2]	**0 – 2 Tbsp.** Vegetable, **or** Fruit **or a** combination of both	**4-6 Fl. Oz** (0-5 months) **2-4 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0-1/2 oz eq** Infant Cereal **or** Bread **or** **0 – ¼ oz eq** Crackers **or** Ready-to-eat Breakfast Cereal	**0-2 Tbsp.** Vegetable, **or** Fruit **or a** combination of both

[1] – 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] - Meats include beef, pork, fish poultry, whole egg (0-4 Tbsp.). Meat alternates include cooked dry beans or dry peas (0-4 Tbsp.), cheese (0-2 ounces), cottage cheese (0-4 ounces), or Yogurt (0-4 ounces or ½ cup).

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DAILY INFANT MEAL RECORDS:
Multiple Infants – Breakfast, Lunch, PM Snack

**All food components are required when infant is developmentally ready.*

Month/Day/Year: _____ **Site:_____**

Common Abbreviations: B.M. = Breast milk F = Formula Rice = "Rice" Cereal Oat = "Oatmeal" Cereal Mixed = "Mixed" Cereal Infants fed on-site by breastfeeding mothers = B.M. by mom		BREAKFAST			LUNCH			PM SNACK		
Last Name, First Name & Date of Birth	Meal Benefit Category	**4-6 Fl. Oz** (0-5 months) **6-8 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0 – ½ oz eq** Infant Cereal **&/or** **0-4 Tbsp** Meat/ meat alternate[2]	**0 – 2 Tbsp.** Vegetable, **or** Fruit **or a** combination of both	**4-6 Fl. Oz** (0-5 months) **6-8 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0 – ½ oz eq** Infant Cereal **&/or** **0-4 Tbsp** Meat/ meat alternate[2]	**0 – 2 Tbsp.** Vegetable, **or** Fruit **or a** combination of both	**4-6 Fl. Oz** (0-5 months) **2-4 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0-1/2 oz eq** Infant Cereal **or** Bread **or** **0 – ¼ oz eq** Crackers **or** Ready-to-eat Breakfast Cereal	**0 – 2 Tbsp.** Vegetable, **or** Fruit **or a** combination of both

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Infants fed on-site by breastfeeding mothers = B.M. by mom

WEEKLY MEAL RECORD
Individual Infant – Breakfast, Lunch and PM Snack
**All food components are required when infant is developmentally ready*

Child's Name:_____ Date of Birth: _____
Site: _____ Meal Benefit Category:_____

Month, Day, Year		BREAKFAST			LUNCH			PM SNACK		
		4-6 Fl. Oz (0-5 months) **6-8 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0 – ½ oz eq.** Infant Cereal **&/or** **0-4 Tbsp** Meat/meat alternate[2]	**0 – 2 Tbsp.** Vegetable, **or** Fruit **or** a combination of both	**4-6 Fl. Oz** (0-5 months) **6-8 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0 – ½ oz eq.** Infant Cereal **&/or** **0-4 Tbsp** Meat/meat alternate[2]	**0– 2 Tbsp.** Vegetable, **or** Fruit **or** a combination of both	**4-6 Fl. Oz** (0-5 months) **2-4 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0-1/2 oz eq** Infant Cereal/ **or** Bread **or** **0 – ¼ oz eq** Crackers **or** Ready-to-eat Breakfast Cereal	**0 – 2 Tbsp.** Vegetable, **or** Fruit **or** a combination of both
	Monday									
	Tuesday									
	Wednesday									
	Thursday									
	Friday									

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WEEKLY MEAL RECORD
Individual Infant – Breakfast, AM Snack, Lunch & PM Snack
**All food components are required when infant is developmentally ready*

Common Abbreviations:
B.M. = Breast milk
F = Formula
Rice = "Rice" Cereal
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Mixed = "Mixed" Cereal
Infants fed on-site by breastfeeding mothers = B.M. by mom

Child's Name:_____ Date Of Birth: _____
Site:_____ Meal Benefit Category:_____

Month, Day, Year		BREAKFAST			AM SNACK			LUNCH			PM SNACK		
		4-6 Fl. Oz (0-5 months) **6-8 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0 – ½ oz eq** Infant Cereal **&/or** **0-4 Tbsp** Meat/meat alternate[2]	**0 – 2 Tbsp.** Vegetable, **or** Fruit **or** a combination of both	**4-6 Fl. Oz** (0-5 months) **2-4 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0-1/2 oz eq** Infant Cereal **or** Bread **or** **0 – ¼ oz eq** Crackers **or** Ready-to-eat Breakfast Cereal	**0 – 2 Tbsp.** Vegetable, **or** Fruit **or** a combination of both	**4-6 Fl. Oz** (0-5 months) **6-8 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0 - ½ oz eq** Infant Cereal **&/or** **0-4 Tbsp** Meat/meat alternate[2]	**0 – 2 Tbsp.** Vegetable, **or** Fruit **or** a combination of both	**4-6 Fl. Oz** (0-5 months) **2-4 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0-1/2 oz eq** Infant Cereal **or** Bread **or** **0 – ¼ oz eq** Crackers **or** Ready-to-eat Breakfast Cereal	**0 – 2 Tbsp.** Vegetable, **or** Fruit **or** a combination of both
	Monday												
	Tuesday												
	Wednesday												
	Thursday												
	Friday												

[1] – 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.

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Mixed = "Mixed" Cereal
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WEEKLY MEAL RECORD
Individual Infant – Breakfast, Lunch and PM Snack
**All food components are required when infant is developmentally ready*

Child's Name: Elmer Oakley-Gerber Date of Birth: 1/6/2026

Site: Hokey Pokey CDC Meal Benefit Category: B

Month, Day, Year		BREAKFAST			LUNCH			PM SNACK		
		4-6 Fl. Oz (0-5 months) **6-8 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0 – ½ oz eq.** Infant Cereal **&/or** **0-4 Tbsp** Meat/meat alternate[2]	**0 – 2 Tbsp.** Vegetable, **or** Fruit **or** a combination of both	**4-6 Fl. Oz** (0-5 months) **6-8 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0 – ½ oz eq.** Infant Cereal **&/or** **0-4 Tbsp** Meat/meat alternate[2]	**0– 2 Tbsp.** Vegetable, **or** Fruit **or** a combination of both	**4-6 Fl. Oz** (0-5 months) **2-4 Fl. Oz** (6-11 months) Breast Milk[1] **or** Formula	**0-1/2 oz eq** Infant Cereal/ **or** Bread **or** **0 – ¼ oz eq** Crackers **or** Ready-to-eat Breakfast Cereal	**0 – 2 Tbsp.** Vegetable, **or** Fruit **or** a combination of both
8/11/26	Monday	6 oz F		1 Tbsp Bananas	6 oz F	2 Tbsp Beef		3 oz BM		2 Tbsp Peas
8/12/26	Tuesday	6 oz F	2 Tbsp Waffles	1 Tbsp Applesauce	6 oz F	4 Tbsp. Chicken	2 Tbsp Fruit	3 oz BM	2 Tbsp. Yogurt	2 Tbsp Peaches
8/13/26	Wednesday	6 o z F	2 Tbsp Eggs	2 Tbsp Potatoes	6 oz F	3 Tbsp Chicken & Noodles	2 Tbsp Squash	3 oz F	¼ oz Graham Crackers	2 Tbsp Mangos
8/14/26	Thursday	6 oz F	2 Tbsp Cheerios		6 oz F	½ oz Black Beans	2 Tbsp Apricots	Absent	→	
8/15/26	Friday	6 oz F	2Tbsp Cereal	1 Tbsp Applesauce	6 oz F	½ oz Rice	2 Tbsp Sweet Potatoes	3 oz F	¼ oz Fish Crackers	

[1] - 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] - Meats include beef, pork, fish poultry, whole egg (0-4 Tbsp.). Meat alternates include cooked dry beans or dry peas (0-4 Tbsp.), cheese (0-2 ounces), cottage cheese (0-4 ounces), or Yogurt (0-4 ounces or ½ cup).

This form must be used in combination with a point-of-service meal count sheet, i.e., the blue and white Record of Meals and Supplement Served form.

Infant Formula Selection & Solid Foods

Nebraska Child & Adult Care Food Program

The **Infant Formula Selection & Solid Foods Form** is intended to be a living document shared between the childcare provider and families to ensure that formula/solid baby foods (texture appropriate) are served at the discretion of the parents. **As new foods are introduced at home, the form must be updated.** This allows the child care providers to know when and what solid foods should be served.

Infant Name: Elmer Oakley-Gerber Date of Birth: 1/6/2026

A. **Infant Formula Selection:** This center provides _ Enfamil with Iron_ (brand) iron fortified infant formula to all infants under one year of age. I **ACCEPT or DECLINE** (Please circle one) the center's formula. If declined, please identify what will be provided **BREASTMILK** (circle) **or FORMULA** (list brand) _____.

Approximate Feeding Times: 10:00 am 12:00 (noon) 3:00 pm 6:00pm **Approximate Quantity (Ounces):** _6 ozs.__

Parent Signature: ___Tessa Gerber_____ ***Date:*** __3-19-2026_____

B. **Infant Solids Permission:** My infant is ready for solid foods to be served, in addition to formula or breast milk, according to the CACFP Infant Meal Pattern. Please insert date (month/yr) each food may be served and check all meals those foods may be served:

Food	Date (Month/Yr)	Meals (Please check)			**Food**	Date (Month/Yr)	Meals (Please check)			**Food**	Date (Month/Yr.)
Iron-Fortified Infant Cereals		*BK*	*LU/SU*	*SN*	**Fruit/Vegetables**		*BK*	*LU/SU*	*SN*	**Ready-to-eat Breakfast Cereal (SNACK ONLY)**	
Rice	5-2-2026	✓	✓	✓	Applesauce	5-2-2026	✓	✓	✓	Cereal: Cheerios	8-4-2026
Oat					Apricots	7-1-2026	✓	✓	✓	Cereal:	
Barley					Avocados					Cereal:	
Mixed					Bananas	5-2-2026	✓	✓	✓	**Grains (SNACK ONLY)**	
Wheat	6-3-2026	✓	✓	✓	Carrots	6-3-2026	✓	✓	✓	Bread/Rolls	
Meat & Meat Alternatives					Corn					Biscuits	
Beef	8-4-2026	✓	✓		Green Beans	7-1-2026	✓	✓	✓	Saltine Crackers	7-1-2026
Dry Beans					Mango					Pancakes	7-1-2026
Cheese, Natural	7-1-2026	✓	✓		Melon	6-3-2026	✓	~~7-9-2026 AH~~	~~7-9-2026 AH~~	Waffles	8-4-2026
Chicken	8-4-2026	✓	✓		Peaches	7-1-2026	✓	✓	✓	Tortillas soft	
Cottage Cheese	7-1-2026	✓	✓		Pears	6-3-2026	✓	✓	✓	Other:	
Dry peas					Peas	6-3-2026	✓	✓	✓		
Fish					Plums/Prunes						
Pork	8-4-2026	✓	✓		Potatoes	7-1-2026	✓	✓	✓		
Tuna					Squash	6-3-2026	✓	✓	✓		
Turkey	8-4-2026	✓	✓		Sweet Potatoes	6-3-2026	✓	✓	✓		
Whole Egg	7-1-2026	✓	✓		Other:						
Yogurt					Other:						

Please note changes to infant's feeding schedule on the back of this page.

Changes in Schedule		
Date	**New Instructions**	**Parent or Staff Signature**
7/9/2026	Per Mom Elmer may be served table foods at Lunch & PM Snacks meals.	Angelica Hokey