

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
 Site: Hokey Pokey CDC

Date of Birth: 03/09/2021
 Meal Benefit Category: B

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

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	
11/5/21	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
11/4/21	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
11/3/21	Wednesday	6 oz BM	2 Tbsp Eggs	2 Tbsp Potatoes	6 oz BM	3 Tbsp Chicken	2 Tbsp Squash	3 oz F	¼ oz Graham Crackers	2 Tbsp Mangos
11/2/21	Thursday	4 oz BM & 2oz F	½ oz Oat	1 ½ Tbsp Pears	BM by mom	½ oz Rice	2 Tbsp Apricots	Absent	—————→	
11/1/21	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.