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Community Nutrition Resources, Inc.

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 Apache Junction, AZ 85278
 (480) 982-7788 or (866) 982-7788
 Fax (480) 982-7773
 Website: <http://cnr.cfsites.org>

INSTRUCTIONS:

- Record the name of the infant(s) being served the meal
- Use a (✓) where indicated
- Record the specific kind of fruit/vegetable or meat served
- No more than two meals and one snack or two snacks and one meal may be claimed per day per infant
- All formula and infant cereal served must be iron fortified. IFC=Iron Fortified Infant Cereal
- Record infant name and totals each day on regular menu

Name: Sally Smith Telephone : 333-3333

Signature: Sally Smith Month: June

Infant Name Betty Joe

Week of 6/1/08 (mo/day/yr) to 6/5/08 (mo/day/yr) **Iron Fortified Infant Formula Brand** Similac

8-11 Months Meal Requirements		Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast	6-8 fl. oz iron fortified formula or breast milk (✓)		✓	✓	✓	✓	✓	
	2-4 Tbsp iron fortified infant cereal (✓)		✓	✓	✓	✓	✓	
	1-4 Tbsp fruit and/or vegetable		Peaches	Applesauce	Bananas	Pears	Plums	
AM Snack	2-4 fl. oz. iron fortified formula or breast milk or fruit juice (✓)							
	0-1/2 slice bread or 0-2 crackers (optional)							
Lunch	6-8 fl. oz iron fortified formula or breast milk (✓)		✓	✓	✓	✓	✓	
	2-4 Tbsp iron fortified infant cereal and/or 1-4 Tbsp meat, fish, poultry, egg yolk, cooked dry beans, or dry peas, or ½ - 2 ounces cheese, or 1-4 ounces cottage cheese, cheese food, or cheese spread		IFC	Beans	Cheese	Chicken	Ground Beef	
	1-4 Tbsp fruit and/or vegetable		Green Beans	Broccoli	Squash	Mashed Potatoes	Carrots	
PM Snack	2-4 fl. oz. iron fortified formula or breast milk or fruit juice (✓)		✓	✓	✓	✓	✓	
	0-1/2 slice bread or 0-2 crackers (optional)							
Supper	6-8 fl. oz iron fortified formula or breast milk (✓)							
	2-4 Tbsp iron fortified infant cereal and/or 1-4 Tbsp meat, fish, poultry, egg yolk, cooked dry beans, or dry peas, or ½ - 2 ounces cheese, or 1-4 ounces cottage cheese, cheese food, or cheese spread							
	1-4 Tbsp fruit and/or vegetable							
Eve Snack	2-4 fl. oz. iron fortified formula or breast milk or fruit juice (✓)							
	0-1/2 slice bread or 0-2 crackers (optional) (✓)							

