

# Karamu Weekly Infant Cycle Menu

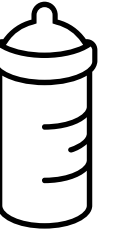
KNP Number: \_\_\_\_\_

Center or Provider Name: \_\_\_\_\_

Claim Month/Year \_\_\_\_\_



MPR2 Approved



Infant Name / Age (In Months) / Iron Fortified Infant Formula Brand

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MINIMUM MEAL REQUIREMENTS				DATE	DATE	DATE	DATE	DATE	DATE	DATE
MEAL	FOOD GROUP/ ITEM	0 TO 5 MONTHS	6 TO 11 MONTHS							
BREAKFAST	IRON FORTIFIED INFANT FORMULA (IFIF) OR MOTHER'S BREAST MILK (MBM)	4 TO 6 OUNCES	6 TO 8 OUNCES	Iron Fortified Infant Formula (IFIF) or Mother's Breast Milk (MBM)	Iron Fortified Infant Formula (IFIF) or Mother's Breast Milk (MBM)	Iron Fortified Infant Formula (IFIF) or Mother's Breast Milk (MBM)	Iron Fortified Infant Formula (IFIF) or Mother's Breast Milk (MBM)	Iron Fortified Infant Formula (IFIF) or Mother's Breast Milk (MBM)	Iron Fortified Infant Formula (IFIF) or Mother's Breast Milk (MBM)	Iron Fortified Infant Formula (IFIF) or Mother's Breast Milk (MBM)
	IRON FORTIFIED INFANT CEREAL (IFIC)	NONE	0 TO 1/2 Oz. Eq.	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)
	FRUIT / VEGETABLE	NONE	0 TO 2 TBSPS	Apple Sauce	Pears	Bananas	Peas	Carrots	Green Beans	Apple Sauce
SNACK	IRON FORTIFIED INFANT FORMULA (IFIF) OR MOTHER'S BREAST MILK (MBM)	4 TO 6 OUNCES	2 TO 4 OUNCES	Iron Fortified Infant Formula or Mother's Breast Milk	Iron Fortified Infant Formula or Mother's Breast Milk	Iron Fortified Infant Formula or Mother's Breast Milk	Iron Fortified Infant Formula or Mother's Breast Milk	Iron Fortified Infant Formula or Mother's Breast Milk	Iron Fortified Infant Formula or Mother's Breast Milk	Iron Fortified Infant Formula or Mother's Breast Milk
	FRUIT / VEGETABLE	NONE	0 TO 2 TBSPS	Apple Sauce	Pears	Bananas	Peas	Carrots	Green Beans	Apple Sauce
	BREAD OR BREAD ALT.**	NONE	0 TO 1/2 Oz. Eq.	Saltine Crackers	Dry Toast	Ritz Crackers	Dry Toast	Graham Crackers	Dry Toast	Saltine Crackers
LUNCH / SUPPER	IRON FORTIFIED INFANT FORMULA (IFIF) OR MOTHER'S BREAST MILK (MBM)	4 TO 6 OUNCES	6 TO 8 OUNCES	Iron Fortified Infant Formula (IFIF) or Mother's Breast Milk (MBM)	Iron Fortified Infant Formula (IFIF) or Mother's Breast Milk (MBM)	Iron Fortified Infant Formula (IFIF) or Mother's Breast Milk (MBM)	Iron Fortified Infant Formula (IFIF) or Mother's Breast Milk (MBM)	Iron Fortified Infant Formula (IFIF) or Mother's Breast Milk (MBM)	Iron Fortified Infant Formula (IFIF) or Mother's Breast Milk (MBM)	Iron Fortified Infant Formula (IFIF) or Mother's Breast Milk (MBM)
	IRON FORTIFIED INFANT CEREAL (IFIC)	NONE	0 TO 1/2 Oz. Eq.	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)
	AND/OR STRAINED PROTEIN	NONE	SEE STRAINED PROTEIN NOTES	Optional (Specify If Served)	Optional (Specify If Served)	Optional (Specify If Served)	Optional (Specify If Served)	Optional (Specify If Served)	Optional (Specify If Served)	Optional (Specify If Served)
	FRUIT / VEGETABLE	NONE	0 TO 2 TBSPS	Apple Sauce	Pears	Bananas	Peas	Carrots	Green Beans	Apple Sauce

**Iron Fortified Infant Formula (IFIF)**  
All infant formula must be iron fortified. Infant formula (or mother's breast milk) is required at each infant meal or snack. If the parent provides the formula, you must have an infant formula statement on file.

**Mother's Breast Milk (MBM)**  
Mother's breast milk may be served in place of formula. Meals or snacks consisting of mother's milk only are reimbursable, even if the mother breast feeds on site.

**Iron Fortified Infant Cereal (IFIC)**  
Infant cereal must be iron fortified. No substitutions of regular cereals such as cream of wheat or oatmeal are allowed.

**Fruit / Vegetable**  
Vegetable and/or fruit required at breakfast, lunch, supper, and snack starting at 6 months when developmentally ready.  
**Note: Juice is not creditable for infants**

**\*\*Suggested Bread / Bread Alternates (Snack Only - When Developmentally Ready)**  
Saltines, graham crackers without honey, Cheerios or other WIC approved ready to eat cereal without honey ( 0 to 1/4 oz. eq.) Dry toast, melba toast, zwieback ( 0 to 1/2 oz. eq.)  
**NOTE: Avoid breads that are highly seasoned or contain seeds.**

**Strained Proteins**  
0 to 4 TBSP. Infant cereal (IFIC), meat, fish, poultry, whole egg, or cooked dry beans or peas, OR 0 to 2 oz. cheese, OR 0 to 4 oz. cottage cheese, OR 0 to 4 oz. OR 1/2 cup of yogurt.  
NOTE: Avoid commercial combination baby foods such as vegetable chicken dinner, turkey & rice, etc.  
**Note: The following items are not creditable for infants:** Fish sticks, canned fish, hot dogs, infant meat sticks, vienna sausages, cheese food/ cheese spread such as pimento

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	IRON FORTIFIED INFANT CEREAL (IFIC)	<b>NONE</b>	0 TO 1/2 Oz. Eq.	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)
	FRUIT / VEGETABLE	<b>NONE</b>	0 TO 2 TBSPS	Apple Sauce	Pears	Bananas	Peas	Carrots	Green Beans	Apple Sauce
<b>SNACK</b>	IRON FORTIFIED INFANT FORMULA (IFIF) OR MOTHER'S BREAST MILK (MBM)	4 TO 6 OUNCES	2 TO 4 OUNCES	Iron Fortified Infant Formula or Mother's Breast Milk	Iron Fortified Infant Formula or Mother's Breast Milk	Iron Fortified Infant Formula or Mother's Breast Milk	Iron Fortified Infant Formula or Mother's Breast Milk	Iron Fortified Infant Formula or Mother's Breast Milk	Iron Fortified Infant Formula or Mother's Breast Milk	Iron Fortified Infant Formula or Mother's Breast Milk
	FRUIT / VEGETABLE	<b>NONE</b>	0 TO 2 TBSPS	Apple Sauce	Pears	Bananas	Peas	Carrots	Green Beans	Apple Sauce
	BREAD OR BREAD ALT.**	<b>NONE</b>	0 TO 1/2 Oz. Eq.	Saltine Crackers	Dry Toast	Ritz Crackers	Dry Toast	Graham Crackers	Dry Toast	Saltine Crackers
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	IRON FORTIFIED INFANT CEREAL (IFIC)	<b>NONE</b>	0 TO 1/2 Oz. Eq.	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)	Iron Fortified Infant Cereal (IFIC)
	AND/OR STRAINED PROTEIN	<b>NONE</b>	SEE STRAINED PROTEIN NOTES	Optional (Specify If Served)	Optional (Specify If Served)	Optional (Specify If Served)	Optional (Specify If Served)	Optional (Specify If Served)	Optional (Specify If Served)	Optional (Specify If Served)
	FRUIT / VEGETABLE	<b>NONE</b>	0 TO 2 TBSPS	Apple Sauce	Pears	Bananas	Peas	Carrots	Green Beans	Apple Sauce