

# Lake Shore Learning Center Food Consent Form

Meal Offered	Food Item	4-7 months	8-11 months	12 months
Breakfast	Formula/breast milk	4-6 oz	6-8 oz	Full menu
	Vegetable and/or fruit		1-4 tbsp	
	Iron fortified Infant cereal	0-3 tbsp	2-4 tbsp	
Lunch	Formula/breast milk	4-8 oz	6-8 oz	Full menu
	Vegetable and/or fruit	0-3 tbsp	1-4 tbsp	
	Iron fortified Infant cereal	0-3 tbsp	2-4 tbsp	
	Meat/Meat Alternative			
	* Beef, poultry, pork		1-4 tbsp	
	* Cheese		1/2 - 2 oz	
	* Cottage Cheese		2-8 tbsp	
	* Cheese food (spread)		1-4 oz	
Snack	Formula/breast milk	4-6 oz	2-4 oz	Full menu
	Crackers		0-2 crackers	
	Bread		0-1/2 slice	

Lake Shore Learning Center offers meals to infants from 4 months to 11 months following the guidelines set by DCFS. In order to be sure we are providing your child with the items you wish them to have, we ask that you mark the appropriate item for your child. We ask that your child has tried all items at home first.

Please mark your choices for the items you wish the center provide for your infant.

\_\_\_\_\_ Name of Infant

\_\_\_\_\_ Date of birth

\_\_\_\_\_ 4-7 months, fruit and/or vegetable

\_\_\_\_\_ 8-11 months, fruit and/or vegetable, meat/meat alternative, and grain  
(no egg or fish offered)

\_\_\_\_\_ 12 months, full menu (add egg, fish, milk, & juice)  
Menus are available at the front desk

\_\_\_\_\_ Parent signature

\_\_\_\_\_ Date