

Jack & Jill Infant Food Program and Meal Patterns

Jack & Jill serves nutritious and delicious meals and snacks that are prepared daily in our on-site, licensed, and inspected commercial kitchens. The centers have a trained food manager, licensed by the State of Minnesota Department of Public Health, to regulate the food service and maintain current food preparation/serving requirements. Our menus aim to exceed USDA standards for both quantity and quality of the food we serve.

We follow the Minnesota state guidelines for Childcare Food Program Meal Patterns. Under these recommendations, meals and snacks served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.

Birth to 6 months Infant Feeding Pattern

- 4- 6 fluid oz breastmilk or Iron-fortified Infant Formula- Recommended; provided by the family.
 - Bottles are based on the infant feeding schedule.

6-9month Infant Feeding Pattern

- 4-8 fluid oz breastmilk or Iron-fortified Infant Formula – Recommended
 - Bottles are based on the infant feeding schedule.And
- 0-2 tbsp iron-fortified Infant cereal with a combination of vegetable or fruit or a combination of both; to be offered at breakfast, lunch, and snack – Provided by Jack & Jill.

9-12 month Feeding Pattern

- 4-8 fluid oz breastmilk or Iron-fortified Infant Formula – Recommended
 - Bottles be offered once in the morning and once in the afternoon- or as needed according to a child's feeding schedule.
 - Infants will be weaned off bottles by 12 months to prepare for the next milestone of being introduced to whole milk.And
- Infants are to be introduced to table food between 9-12 months and meet the minimum portion size for breakfast, lunch, and snack- These meals are provided by Jack & Jill.

12 months and beyond.

- All meals with the minimum portion size are to be offered to all children 12 months and above. Children graduate to whole milk and move off Bottles.

St. Anthony

2812 Anthony Ln. S, #400
St. Anthony, MN 55418
612.455.8955 (office)
612.455.8958 (fax)

Blaine

11870 Ulysses St. NE, #100
Blaine, MN 55434
763.784.1451 (office)
763.757.7942 (fax)

Jack & Jill's vision is C.L.E.A.R.

We are educators providing children with **Care, Leadership, Education, Attention and Respect.**