

CACFP INFANT MENU (5-DAY)

Site Name: This institution is an equal opportunity provider.			Date: 9/22	Date: 9/23	Date: 9/24	Date: 9/25	Date: 9/26	
Breakfast	Age	Portion Size/Component	Mon	Tue	Wed	Thu	Fri	
	Birth – 3 Months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF	IFIF
	4 – 7 Months	4-8 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF	IFIF
		0-3 Tbsp. infant cereal ^{1,4}	IFIC-RICE	IFIC-whole wheat	IFIC-RICE	IFIC-OATMEAL	IFIC-RICE	IFIC-RICE
	8 – 11 Months	6-8 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF	IFIF
		2-4 Tbsp. infant cereal ¹	IFIC-RICE	IFIC-whole wheat	IFIC-RICE	IFIC-OATMEAL	IFIC-RICE	IFIC-RICE
1-4 Tbsp. fruit or vegetable or both		apricot w/ mix fruit	peaches	apples	bananas	pears	pears	
AM Snack	Birth – 7 Months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}	X	X	X	X	X	
	8 – 11 Months	2-4 fl. oz. formula ¹ or breastmilk ^{2,3} , or fruit juice ⁵	X	X	X	X	X	
		0-1/2 slice of bread ^{4,6} or 0-2 crackers ^{4,6}	X	X	X	X	X	
Lunch	Birth – 3 Months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF	
	4 – 7 Months	4-8 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF	
		0-3 Tbsp. infant cereal ^{1,4}	IFIC-OATMEAL	IFIC-RICE	IFIC-whole wheat	IFIC-RICE	IFIC-OATMEAL	
		0-3 Tbsp. fruit or vegetable or both ⁴	squash	green beans	mix veggies	carrots	garden veggies	
	8 – 11 Months	6-8 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF	
		2-4 Tbsp. infant cereal ¹ ; and/or 1-4 Tbsp. meat, fish, poultry, egg yolk, cooked dry beans or peas; or 1/2-2 oz. cheese, or 1-4 oz. (volume) cottage cheese; or 1-4 oz. (weight) cheese food or cheese spread	TURKEY	HAM	BEEF	chicken	Turkey	
1-4 Tbsp. fruit or vegetable or both		squash	green beans	mix veggies	carrots	garden veggies		

1 Infant formula and dry infant cereal must be iron-fortified.

2 Breastmilk or formula, or portions of both, may be served; however it is recommended that breastmilk be served in place of formula from birth through 11 months

3 For some 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 if the infant is still hungry.

4 A serving of this component is required only when the infant is developmentally ready to accept it.

5 Fruit juice must be full-strength.

6 A serving of this component must be made from whole-grain or enriched meal or flour.

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PM Snack	Age	Portion Size/Component	Mon	Tue	Wed	Thu	Fri	
	Birth – 7 Months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF	IFIF
	8 – 11 Months	2-4 fl. oz. formula ¹ or breastmilk ^{2,3} , or fruit juice ⁵	IFIF	IFIF	IFIF	IFIF	IFIF	IFIF
	0-1/2 slice of bread ^{4,6} or 0-2 crackers ^{4,6}	Arrowroot crackers	banana crackers	Lil whoos	lil biscuit	cereal bar		
Supper	Birth – 3 Months	0-1/2 slice of bread ^{4,6} or 0-2 crackers ^{4,6}	IFIF	IFIF	IFIF	IFIF	IFIF	
	4 – 7 Months	4-8 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF	
		0-3 Tbsp. infant cereal ^{1,4}	IFIC - RICE	IFIC - OATMEAL	IFIC-RICE	IFIC - OATMEAL	IFIC - whole wheat	
		0-3 Tbsp. fruit or vegetable or both ⁴	apple banana peach	peas	pear mango guava	sweet potato	banana/strawberry	
	8 – 11 Months	6-8 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF	
		2-4 Tbsp. infant cereal ¹ ; and/or 1-4 Tbsp. meat, fish, poultry, egg yolk, cooked dry beans or peas; or 1/2-2 oz. cheese, or 1-4 oz. (volume) cottage cheese; or 1-4 oz. (weight) cheese food or cheese spread	ham	beef	chicken	turkey	ham	
1-4 Tbsp. fruit or vegetable or both		apple banana peach	peas	pear mango guava	sweet potato	banana/strawberry		
Evening Snack	Birth – 7 Months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF	
	8 – 11 Months	2-4 fl. oz. formula ¹ or breastmilk ^{2,3} , or fruit juice ⁵	IFIF	IFIF	IFIF	IFIF	IFIF	
		0-1/2 slice of bread ^{4,6} or 0-2 crackers ^{4,6}	Banana crackers	Lil Whoos	cereal bar	Lil biscuit	arrowroot crackers	

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⁴ A serving of this component is required only when the infant is developmentally ready to accept it.

⁵ Fruit juice must be full-strength.

⁶ A serving of this component must be made from whole-grain or enriched meal or flour.