

CACFP INFANT MENU (5-DAY)

| Site Name: This institution is an equal opportunity provider. | | | Date: HOLIDAY | Date: 9/2 | Date: 9/3 | Date: 9/4 | Date: 9/5 | |
|--|-------------------------|---|------------------|------------------|------------------|----------------|----------------|-----------|
| 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 | | | peaches | apples | bananas | 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 | | green beans | mixed 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 | | BEEF | CHICKEN | TURKEY | HAM | BEEF | | |
| 1-4 Tbsp. fruit or vegetable or both | | | green beans | mixed 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 | teething 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 peach squash | prunes w/ apples | pear zucchini corn | banana carrot mango | |
| | 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 | CHICKEN | TURKEY | HAM | BEEF | CHICKEN | |
| 1-4 Tbsp. fruit or vegetable or both | | | apple peach squash | prunes w/ apples | pear zucchini corn | banana carrot mango | | |
| 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 | teething biscuit | arrowroot crackers | |

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

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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.