

# CACFP INFANT MENU (5-DAY)

<b>Site Name:</b> This institution is an equal opportunity provider.			Date: 9/8	Date: 9/9	Date: 9/10	Date: 9/11	Date: 9/12	
<b>Breakfast</b>	<b>Age</b>	<b>Portion Size/Component</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	
	<b>Birth – 3 Months</b>	4-6 fl. oz. formula <sup>1</sup> or breastmilk <sup>2,3</sup>	IFIF	IFIF	IFIF	IFIF	IFIF	IFIF
	<b>4 – 7 Months</b>	4-8 fl. oz. formula <sup>1</sup> or breastmilk <sup>2,3</sup>	IFIF	IFIF	IFIF	IFIF	IFIF	IFIF
		0-3 Tbsp. infant cereal <sup>1,4</sup>	IFIC-RICE	IFIC-whole wheat	IFIC-RICE	IFIC-OATMEAL	IFIC-RICE	IFIC-RICE
	<b>8 – 11 Months</b>	6-8 fl. oz. formula <sup>1</sup> or breastmilk <sup>2,3</sup>	IFIF	IFIF	IFIF	IFIF	IFIF	IFIF
		2-4 Tbsp. infant cereal <sup>1</sup>	IFIC-RICE	IFIC-whole wheat	IFIC-RICE	IFIC-OATMEAL	IFIC-RICE	IFIC-RICE
1-4 Tbsp. fruit or vegetable or both		peaches	pears	banana w/ apple/pear	apple blueberry	apples	apples	
<b>AM Snack</b>	<b>Birth – 7 Months</b>	4-6 fl. oz. formula <sup>1</sup> or breastmilk <sup>2,3</sup>	X	X	X	X	X	
	<b>8 – 11 Months</b>	2-4 fl. oz. formula <sup>1</sup> or breastmilk <sup>2,3</sup> , or fruit juice <sup>5</sup>	X	X	X	X	X	
		0-1/2 slice of bread <sup>4,6</sup> or 0-2 crackers <sup>4,6</sup>	X	X	X	X	X	
<b>Lunch</b>	<b>Birth – 3 Months</b>	4-6 fl. oz. formula <sup>1</sup> or breastmilk <sup>2,3</sup>	IFIF	IFIF	IFIF	IFIF	IFIF	
	<b>4 – 7 Months</b>	4-8 fl. oz. formula <sup>1</sup> or breastmilk <sup>2,3</sup>	IFIF	IFIF	IFIF	IFIF	IFIF	
		0-3 Tbsp. infant cereal <sup>1,4</sup>	IFIC-OATMEAL	IFIC-RICE	IFIC-whole wheat	IFIC-RICE	IFIC-OATMEAL	
		0-3 Tbsp. fruit or vegetable or both <sup>4</sup>	sweet potato	green beans	garden veggie	carrots	mixed veggies	
	<b>8 – 11 Months</b>	6-8 fl. oz. formula <sup>1</sup> or breastmilk <sup>2,3</sup>	IFIF	IFIF	IFIF	IFIF	IFIF	
		2-4 Tbsp. infant cereal <sup>1</sup> ; 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		sweet potato	green beans	garden veggie	carrots	mixed 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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<b>Site Name:</b> This institution is an equal opportunity provider.			Date: 9/8	Date: 9/9	Date: 9/10	Date: 9/11	Date: 9/12	
<b>PM Snack</b>	<b>Age</b>	<b>Portion Size/Component</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	
	<b>Birth – 7 Months</b>	4-6 fl. oz. formula <sup>1</sup> or breastmilk <sup>2,3</sup>	IFIF	IFIF	IFIF	IFIF	IFIF	IFIF
	<b>8 – 11 Months</b>	2-4 fl. oz. formula <sup>1</sup> or breastmilk <sup>2,3</sup> , or fruit juice <sup>5</sup>	IFIF	IFIF	IFIF	IFIF	IFIF	IFIF
	0-1/2 slice of bread <sup>4,6</sup> or 0-2 crackers <sup>4,6</sup>	Arrowroot crackers	banana crackers	Lil whoos	lil biscuit	cereal bar		
<b>Supper</b>	<b>Birth – 3 Months</b>	0-1/2 slice of bread <sup>4,6</sup> or 0-2 crackers <sup>4,6</sup>	IFIF	IFIF	IFIF	IFIF	IFIF	
	<b>4 – 7 Months</b>	4-8 fl. oz. formula <sup>1</sup> or breastmilk <sup>2,3</sup>	IFIF	IFIF	IFIF	IFIF	IFIF	
		0-3 Tbsp. infant cereal <sup>1,4</sup>	IFIC - RICE	IFIC - OATMEAL	IFIC-RICE	IFIC - OATMEAL	IFIC - whole wheat	
		0-3 Tbsp. fruit or vegetable or both <sup>4</sup>	pear raspberry	banana carrot mango	pear zucchini corn	apple mango kiwi	apple cherry	
	<b>8 – 11 Months</b>	6-8 fl. oz. formula <sup>1</sup> or breastmilk <sup>2,3</sup>	IFIF	IFIF	IFIF	IFIF	IFIF	
		2-4 Tbsp. infant cereal <sup>1</sup> ; 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		pear raspberry	banana carrot mango	pear zucchini corn	apple mango kiwi	apple cherry		
<b>Evening Snack</b>	<b>Birth – 7 Months</b>	4-6 fl. oz. formula <sup>1</sup> or breastmilk <sup>2,3</sup>	IFIF	IFIF	IFIF	IFIF	IFIF	
	<b>8 – 11 Months</b>	2-4 fl. oz. formula <sup>1</sup> or breastmilk <sup>2,3</sup> , or fruit juice <sup>5</sup>	IFIF	IFIF	IFIF	IFIF	IFIF	
		0-1/2 slice of bread <sup>4,6</sup> or 0-2 crackers <sup>4,6</sup>	Banana crackers	Lil Whoos	cereal bar	Lil biscuit	arrowroot crackers	

<sup>1</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>2</sup> 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

<sup>3</sup> 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.

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

<sup>5</sup> Fruit juice must be full-strength.

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