

CACFP INFANT MENU (5-DAY)

Site Name: This institution is an equal opportunity provider.		Date:	Date:	Date:	Date:	Date:	
Breakfast	Age	Portion Size/Component	Mon	Tue	Wed	Thu	Fri
	Birth – 3 Months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}					
		4-8 fl. oz. formula ¹ or breastmilk ^{2,3} 0-3 Tbsp. infant cereal ^{1,4}					
	8 – 11 Months	6-8 fl. oz. formula ¹ or breastmilk ^{2,3}					
2-4 Tbsp. infant cereal ¹							
1-4 Tbsp. fruit or vegetable or both							
AM Snack	Birth – 7 Months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}					
	8 – 11 Months	2-4 fl. oz. formula ¹ or breastmilk ^{2,3} , or fruit juice ⁵ 0-1/2 slice of bread ^{4,6} or 0-2 crackers ^{4,6}					
Lunch	Birth – 3 Months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}					
		4-8 fl. oz. formula ¹ or breastmilk ^{2,3} 0-3 Tbsp. infant cereal ^{1,4} 0-3 Tbsp. fruit or vegetable or both ⁴					
	8 – 11 Months	6-8 fl. oz. formula ¹ or breastmilk ^{2,3}					
		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					
1-4 Tbsp. fruit or vegetable or both							

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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Site Name: This institution is an equal opportunity provider.		Date:	Date:	Date:	Date:	Date:	
PM Snack	Age	Portion Size/Component	Mon	Tue	Wed	Thu	Fri
	Birth – 7 Months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}					
	8 – 11 Months	2-4 fl. oz. formula ¹ or breastmilk ^{2,3} , or fruit juice ⁵ 0-1/2 slice of bread ^{4,6} or 0-2 crackers ^{4,6}					
Supper	Birth – 3 Months	0-1/2 slice of bread ^{4,6} or 0-2 crackers ^{4,6}					
	4 - 7 Months	4-8 fl. oz. formula ¹ or breastmilk ^{2,3}					
		0-3 Tbsp. infant cereal ^{1,4} 0-3 Tbsp. fruit or vegetable or both ⁴					
	8 – 11 Months	6-8 fl. oz. formula ¹ or breastmilk ^{2,3}					
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 1-4 Tbsp. fruit or vegetable or both							
Evening Snack	Birth – 7 Months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}					
	8 – 11 Months	2-4 fl. oz. formula ¹ or breastmilk ^{2,3} , or fruit juice ⁵ 0-1/2 slice of bread ^{4,6} or 0-2 crackers ^{4,6}					

- 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.