CACFP INFANT MENU (7-DAY)

Site Name: **This institution is an equal opportunity provider.**			**Date:**	**Date:**	**Date:**	**Date:**	**Date:**	**Date:**	**Date:**
	Age	**Portion Size/Component**	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
Breakfast	**Birth – 3 Months**	4-6 fl. oz. formula[1] or breastmilk[2, 3]							
	4 – 7 Months	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 - 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							

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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	Age	**Portion Size/Component**	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
PM 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]							
Supper	**Birth – 3 Months**	4-6 fl. oz. formula[1] or breastmilk[2, 3]							
	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.