

CACFP INFANT MENU (7-DAY)

Site Name:		Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Breakfast	Age	Portion Size/Component	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Birth – 5 Months	4-6 fl. oz. breastmilk ¹ or formula ²							
	6 – 11 Months	6-8 fl. oz. breastmilk ¹ or formula ²							
		0-4 Tbsp. infant cereal ^{2,3} meat, fish, poultry, whole egg cooked dry beans or peas, or 0-2 oz. cheese, or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup of yogurt ⁴ ; or a Combination of the above; and							
	0-2 Tbsp. vegetable or fruit or a combination of both ^{5,6}								
AM Snack	Birth – 5 Months	4-6 fl. oz. breastmilk ¹ or formula ²							
	6 – 11 Months	2-4 fl. oz. breastmilk ¹ or formula ²							
		0-1/2 slice of bread ^{3,4} or 0-2 crackers ^{3,4} or 0-4 Tbsp. infant cereal ^{2,3,4} or Ready-to-eat breakfast cereal ^{3,4,5,6} ; and							
	0-2 Tbsp. vegetable or fruit or a combination of both ^{6,7}								
Lunch	Birth – 5 Months	4-6 fl. oz. breastmilk ¹ or formula ²							
	6 – 11 Months	6-8 fl. oz. breastmilk ¹ or formula ²							
		0-4 Tbsp. infant cereal ^{2,3} meat, fish, poultry, whole egg cooked dry beans or peas, or 0-2 oz. cheese, or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup of yogurt ⁴ ; or a Combination of the above; and							
		0-2 Tbsp. vegetable or fruit or a combination of both ^{5,6}							

1. Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. 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 at a later time if the infant will consume more.
 2. Infant formula and dry infant cereal must be iron-fortified.
 3. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
 4. A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
 5. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).
 6. A serving of this component is required when the infant is developmentally ready to accept it.
 7. Fruit and vegetable juice must not be served.
- This institution is an equal opportunity provider

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Site Name:			Date:	Date:	Date:	Date:	Date:	Date:	Date:
PM Snack	Age	Portion Size/Component	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Birth – 5 Months	4-6 fl. oz. breastmilk ¹ or formula ²						
6 – 11 Months		2-4 fl. oz. breastmilk ¹ or formula ² 0-1/2 slice of bread ^{3,4} or 0-2 crackers ^{3,4} or 0-4 Tbsp. infant cereal ^{2,3,4} or Ready-to-eat breakfast cereal ^{3,4,5,6} ; and							
		0-2 Tbsp. vegetable or fruit or a combination of both ^{6,7}							
Supper	Birth – 5 Months	4-6 fl. oz. breastmilk ¹ or formula ²							
	6 – 11 Months	6-8 fl. oz. breastmilk ¹ or formula ²							
		0-4 Tbsp. infant cereal ^{2,3} meat, fish, poultry, whole egg cooked dry beans or peas, or 0-2 oz. cheese, or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup of yogurt ⁴ ; or a Combination of the above; and 0-2 Tbsp. vegetable or fruit or a combination of both ^{5,6}							
Evening Snack	Birth – 5 Months	4-6 fl. oz. breastmilk ¹ or formula ²							
	6 – 11 Months	2-4 fl. oz. breastmilk ¹ or formula ²							
		0-1/2 slice of bread ^{3,4} or 0-2 crackers ^{3,4} or 0-4 Tbsp. infant cereal ^{2,3,4} or Ready-to-eat breakfast cereal ^{3,4,5,6} ; and							
		0-2 Tbsp. vegetable or fruit or a combination of both ^{6,7}							

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

9. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

10. A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

11. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).

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

13. Fruit and vegetable juice must not be served.

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