**CACFP INFANT MENU (7-DAY)** 

Site Name:		Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Site Name.									
This	institution is a	n equal opportunity provider.							
	Age	Portion Size/Component	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	Birth – 3 Months	4-6 fl. oz. formula <sup>1</sup> or breastmilk <sup>2, 3</sup>							
	4 – 7 Months	4-8 fl. oz. formula <sup>1</sup> or breastmilk <sup>2, 3</sup>							
		0-3 Tbsp. infant cereal <sup>1,4</sup>							
	8 – 11 Months	6-8 fl. oz. formula <sup>1</sup> or breastmilk <sup>2, 3</sup>							
		2-4 Tbsp. infant cereal <sup>1</sup>							
		1-4 Tbsp. fruit or vegetable or both							
Lunch or Supper	Birth – 3 Months	4-6 fl. oz. formula <sup>1</sup> or breastmilk <sup>2, 3</sup>							
	4 - 7 Months	4-8 fl. oz. formula <sup>1</sup> or breastmilk <sup>2, 3</sup>							
		0-3 Tbsp. infant cereal <sup>1,4</sup>							
		0-3 Tbsp. fruit or vegetable or both <sup>4</sup>							
	8 – 11 Months	6-8 fl. oz. formula <sup>1</sup> or breastmilk <sup>2, 3</sup>							
Lunc		2-4 Tbsp. infant cereal <sup>1</sup> ; and/or 1-4 Tbsp. meat, 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							
Snack	Birth – 7 Months	4-6 fl. oz. formula <sup>1</sup> or breastmilk <sup>2, 3</sup>							
	8 – 11 Months	2-4 fl. oz. formula <sup>1</sup> or breastmilk <sup>2, 3</sup> , or fruit juice <sup>5</sup>							
		0-1/2 slice of bread <sup>4,6</sup> or 0-2 crackers <sup>4,6</sup>							

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

## **CACFP INFANT MENU (5-DAY)**

Site Name			Date:	Date:	Date:	Date:	Date:
	Age	Portion Size/Component	Mon	Tue	Wed	Thu	Fri
	Birth – 3 Months	4-6 fl. oz. formula <sup>1</sup> or breastmilk <sup>2, 3</sup>					
ب	4 – 7 months	4-8 fl. oz. formula <sup>1</sup> or breastmilk <sup>2, 3</sup>			]		
cfas		0-3 Tbsp. infant cereal <sup>1, 4</sup>					
Breakfast	8 – 11 months	6-8 fl. oz. formula <sup>1</sup> or breastmilk <sup>2, 3</sup>					
"		2-4 Tbsp. infant cereal <sup>1</sup>					
		1-4 Tbsp. fruit or vegetable or both					
	Birth – 3 months	4-6 fl. oz. formula <sup>1</sup> or breastmilk <sup>2, 3</sup>					
	4 – 7 months	4-8 fl. oz. formula <sup>1</sup> or breastmilk <sup>2, 3</sup>					
		0-3 Tbsp. infant cereal <sup>1, 4</sup>					
per		0-3 Tbsp. fruit or vegetable or both <sup>4</sup>					
	8 – 11	6-8 fl. oz. formula <sup>1</sup> or breastmilk <sup>2, 3</sup>					
Lunch/Supper	months	2-4 Tbsp. infant cereal <sup>1</sup> and/or 1-4 Tbsp. meat, poultry, egg yolk or cooked dry beans or peas, or 1/2-2oz. 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					
×	Birth – 7 months	4-6 fl. oz. formula <sup>1</sup> or breastmilk <sup>2, 3</sup>					
Snack	8 – 11 months	2-4 fl. oz. formula <sup>1</sup> or breastmilk <sup>2, 3</sup> or fruit juice <sup>5</sup> 0-1/2 slice of bread <sup>4, 6</sup>					
		or 0-2 crackers <sup>4, 6</sup>					

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

<sup>2</sup> Formula or breastmilk, 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.