

CACFP INFANT MENU (5-DAY)

Site Name							
Breakfast	Age	Portion Size/Component	Mon	Tue	Wed	Thu	Fri
	Birth – 5 Months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF
	6-11 months	6-8 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF
		0-4 Tbsp. infant cereal ¹	IFIC Rice	IFIC Oatmeal	IFIC Rice	IFIC Oatmeal	IFIC Rice
	0-4 Tbsp. fruit or vegetable or both	Bananas	Peaches	Applesauce	Prunes	Pears jar Food	
Lunch/Supper	Birth – 5 months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF
	6 – 11 months	6-8 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF
		0-4 Tbsp. infant cereal ¹ and/or . meat, fish, poultry, egg yolk or cooked dry beans or peas, or 0-2oz. cheese, or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ c yogurt or combination of above	Beef Jar Food	Cottage Cheese	Turkey Jar Food	Chicken Jar Food	Yogurt
		0-2 Tbsp. fruit or vegetable or both	Sweet Corn	Green Beans	Carrots	Squash	Peaches
Snack	Birth -5 months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF
	6-11 months	2-4 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF
		0-1/2 slice of bread ^{4,6} or 0-2 crackers ^{4,6} 0-4tbsp infant cereal or ready to eat breakfast cereal and 0-2 tablespoons vegetable or fruit or a comination of both	Teething biscuits Applesauce	Ritz Crackers Bananas	Saltine Crackers Pumpkin	Toasted Whole Grain Oat Sweet Potatoes	Bread Peas

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	6-11 months	6-8 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF
		0-4 Tbsp. infant cereal ¹	IFIC Rice	IFIC Oatmeal	IFIC Rice	IFIC Oatmeal	IFIC Rice
	0-4 Tbsp. fruit or vegetable or both	Applesauce	Mangos	Pears	Banana	Prunes	
Lunch/Supper	Birth – 5 months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF
	6 – 11 months	6-8 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF
		0-4 Tbsp. infant cereal ¹ and/or . meat, fish, poultry, egg yolk or cooked dry beans or peas, or 0-2oz. cheese, or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ c yogurt or combination of above	Beef Jar Food	Ham Jar Food	Turkey Jar Food	Chicken Jar Food	Yogurt
		0-2 Tbsp. fruit or vegetable or both	Sweet Potatoes	Peas	Sweet Potatoes	Carrots	Pears
Snack	Birth -5 months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF
	6-11 months	2-4 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF
		0-1/2 slice of bread ^{4,6} or 0-2 crackers ^{4,6} 0-4tbsp infant cereal or ready to eat breakfast cereal and 0-2 tablespoons vegetable or fruit or a comination of both	Graham crackers Pears	Teething biscuits Carrots	Cheese Nips Applesauce	Ritz Crackers Applesauce	English Muffins Pumpkin