#### **INFANTS: BREAKFAST, LUNCH + SNACK**

## CACFP is an indicator of quality child care.

## CACFP Weekly Menu

MEAL	COMPONENT	0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	х	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	х	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
LUNCH	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Bread	х	0-1/2 slice					
	Cracker	x	0-2					
	Infant or RTE Cereal	x	0-4 tbsp					
	Vegetable/Fruit/Both	x	0-2 tbsp					







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# CACFP Weekly Menu

MEAL	COMPONENT	0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz					
	Vegetable/Fruit/Both	х	0-2 tbsp					
SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Bread	х	0-1/2 slice					
	Cracker	х	0-2					
	Infant or RTE Cereal	х	0-4 tbsp					
	Vegetable/Fruit/Both	х	0-2 tbsp					
SUPPER	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	х	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	х	0-4 oz					
	Vegetable/Fruit/Both	х	0-2 tbsp					







#### **INFANTS: LUNCH + 2 SNACKS**

## CACFP is an indicator of quality child care.

# **CACFP** Weekly Menu

		0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Bread	х	0-1/2 slice					
	Cracker	х	0-2					
	Infant or RTE Cereal	х	0-4 tbsp					
	Vegetable/Fruit/Both	х	0-2 tbsp					
	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
LUNCH	Cheese	х	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz					
	Vegetable/Fruit/Both	х	0-2 tbsp					
	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
PM SNACK	Bread	х	0-1/2 slice					
	Cracker	x	0-2					
	Infant or RTE Cereal	х	0-4 tbsp					
	Vegetable/Fruit/Both	х	0-2 tbsp					

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#### **INFANTS: BREAKFAST, LUNCH, SUPPER**

## CACFP is an indicator of quality child care.

# CACFP Weekly Menu

		0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Breastmilk or Formula	4-6 fl oz	4-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	х	0-4 oz					
	Vegetable/Fruit/Both	х	0-2 tbsp					
	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
LUNCH	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
SUPPER	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	х	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz					
	Vegetable/Fruit/Both	х	0-2 tbsp					





