

CACFP Weekly Menu

CACFP is an indicator of quality child care.

MEAL	COMPONENT		0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	Breastmilk or Infant Formula ⁺	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal ⁺	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					
LUNCH	Milk	Breastmilk or Infant Formula ⁺	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal ⁺	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					
SNACK	Milk	Breastmilk or Infant Formula ⁺	4-6 fl oz	2-4 fl oz					
	Grains	Bread	x	0-1/2 oz eq					
		Crackers	x	0-1/4 oz eq					
		Infant Cereal ⁺	x	0-1/2 oz eq					
		Ready-to-Eat Cereal	x	0-1/4 oz eq					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					

⁺ Iron fortified

oz eq = ounce equivalents

fl oz = fluid ounces



Infants may be offered small amounts of water once they start eating solid foods. Consult with parents or guardians prior to offering water.

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MEAL	COMPONENT		0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Milk	Breastmilk or Infant Formula*	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal+	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					
SNACK	Milk	Breastmilk or Infant Formula*	4-6 fl oz	2-4 fl oz					
	Grains	Bread	x	0-1/2 oz eq					
		Crackers	x	0-1/4 oz eq					
		Infant Cereal*	x	0-1/2 oz eq					
		Ready-to-Eat Cereal	x	0-1/4 oz eq					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					
SUPPER	Milk	Breastmilk or Infant Formula*	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal*	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					

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AM SNACK	Milk	Breastmilk or Infant Formula*	4-6 fl oz	2-4 fl oz					
	Grains	Bread	x	0-1/2 oz eq					
		Crackers	x	0-1/4 oz eq					
		Infant Cereal*	x	0-1/2 oz eq					
		Ready-to-Eat Cereal	x	0-1/4 oz eq					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					
LUNCH	Milk	Breastmilk or Infant Formula*	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal*	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					
PM SNACK	Milk	Breastmilk or Infant Formula*	4-6 fl oz	2-4 fl oz					
	Grains	Bread	x	0-1/2 oz eq					
		Crackers	x	0-1/4 oz eq					
		Infant Cereal*	x	0-1/2 oz eq					
		Ready-to-Eat Cereal	x	0-1/4 oz eq					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					

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BREAKFAST	Milk	Breastmilk or Infant Formula*	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal*	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					
LUNCH	Milk	Breastmilk or Infant Formula*	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal*	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					
SUPPER	Milk	Breastmilk or Infant Formula*	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal*	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz					
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