INFANTS: BREAKFAST, LUNCH + SNACK

CACFP Weekly Menu

CACFP is an indicator of quality child care.

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



oz eq = ounce equivalents fl oz = fluid ounces



oz = fiuld ounces



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



INFANTS: LUNCH, SNACK, SUPPER

CACFP Weekly Menu

CACFP is an indicator of quality child care.

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+	х	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	х	0-2 oz					
		Cottage Cheese/Yogurt	х	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	х	0-2 tbsp					
	Milk	Breastmilk or Infant Formula⁺	4-6 fl oz	2-4 fl oz					
SNACK	Grains	Bread	х	0-1/2 oz eq					
		Crackers	х	0-1/4 oz eq					
		Infant Cereal+	х	0-1/2 oz eq					
		Ready-to-Eat Cereal	х	0-1/4 oz eq					
	Vegetables/Fruits	Vegetables/Fruits/Both	х	0-2 tbsp					
SUPPER	Milk	Breastmilk or Infant Formula ⁺	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal ⁺	х	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	х	0-2 oz					
		Cottage Cheese/Yogurt	х	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	х	0-2 tbsp					
Iron fortified		eg = ounce equivalents	fl.oz = fluid our						

+ Iron fortified

oz eq = ounce equivalents fl oz = fluid ounces



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CACFP Weekly Menu

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

+ Iron fortified

oz eq = ounce equivalents fl oz = fluid ounces





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CACFP is an indicator of quality child care.

CACFP Weekly Menu

MEAL	CON	IPONENT	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⁺	х	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	х	0-4 tbsp					
		Cheese	х	0-2 oz					
		Cottage Cheese/Yogurt	х	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	х	0-2 tbsp					
	Milk	Breastmilk or Infant Formula⁺	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal+	х	0-1/2 oz eq					
LUNCH		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	х	0-4 tbsp					
		Cheese	х	0-2 oz					
		Cottage Cheese/Yogurt	х	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	х	0-2 tbsp					
	Milk	Breastmilk or Infant Formula⁺	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	$InfantCereal^{^+}$	х	0-1/2 oz eq					
SUPPER		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	х	0-4 tbsp					
	mean methodes	Cheese	х	0-2 oz					
		Cottage Cheese/Yogurt	х	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	х	0-2 tbsp					
+ Iron fortified		eg = ounce equivalents	fl oz = fluid ou						

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