

CACFP Infant Weekly Menu: _____

MEAL	AGE	SERVING SIZE/COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Birth through 5 months	4-6 fl oz of breastmilk or IFIF							
	6 through 11 month	6-8 fl oz of breastmilk or IFIF							
		0-4 tbsp IFIC, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz cottage cheese; or 0-8 oz yogurt; or a combination+							
		0-2 tbsp vegetable, fruit or both+							
AM Snack	Birth through 5 months	4-6 fl oz of breastmilk or IFIF							
	6 through 11 month	2-4 fl oz breastmilk or IFIF							
		0-½ bread slice; or 0-2 crackers; or 0-4 tbsp IFIC or ready-to-eat cereal+							
		0-2 tbsp vegetable, fruit or both+							
Lunch	Birth through 5 months	4-6 fl oz of breastmilk or IFIF							
	6 through 11 month	6-8 fl oz of breastmilk or IFIF							
		0-4 tbsp IFIC, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz cottage cheese; or 0-8 oz yogurt; or a combination+							
		0-2 tbsp vegetable, fruit or both+							

MEAL	AGE	SERVING SIZE/COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PM Snack	Birth through 5 months	4-6 fl oz of breastmilk or IFIF							
	6 through 11 month	2-4 fl oz breastmilk or IFIF							
		0-½ bread slice; or 0-2 crackers; or 0-4 tbsp IFIC or ready-to-eat cereal+							
		0-2 tbsp vegetable, fruit or both+							
Dinner	Birth through 5 months	4-6 fl oz of breastmilk or IFIF							
	6 through 11 month	6-8 fl oz of breastmilk or IFIF							
		0-4 tbsp IFIC, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz cottage cheese; or 0-8 oz yogurt; or a combination+							
		0-2 tbsp vegetable, fruit or both+							
EV Snack	Birth through 5 months	4-6 fl oz of breastmilk or IFIF							
	6 through 11 month	2-4 fl oz breastmilk or IFIF							
		0-½ bread slice; or 0-2 crackers; or 0-4 tbsp IFIC or ready-to-eat cereal+							
		0-2 tbsp vegetable, fruit or both+							

+ Required when infant is developmentally ready

IFIF = Iron Fortified Infant Formula IFIC = Iron Fortified Infant Cereal fl.oz = fluid ounce tbsp. = tablespoon oz = ounce

All serving sizes are minimum quantities of food components that are required to be served