

CACFP Individual Infant Menu (Sample)

Infant's Full Name: _____

Age: _____ Month _____ Year: _____

Provider Name: _____

	Age	Portion Size/Component	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
	Breakfast	Birth – 5 Months	4-6 fl. oz. breastmilk ¹ or formula ²	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK
6 – 11 Months		6-8 fl. oz. breastmilk ¹ or formula ²	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK
		0-4 Tbsp. infant cereal ^{2,3} meat, fish, poultry, whole egg cooked dry beans or peas, or 0-2 oz. cheese, or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup of yogurt ⁴ ; or a Combination of the above; and	OATMEAL	RICE	WHOLE EGG	CHEESE	OATMEAL
	0-2 Tbsp. vegetable or fruit or a combination of both ^{5,6}	BANANA	APPLESAUCE	PEAS	PEACHES	CARROTS	
Lunch / Supper	Birth – 5 Months	4-6 fl. oz. breastmilk ¹ or formula ²	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK
	6 – 11 Months	6-8 fl. oz. breastmilk ¹ or formula ²	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK
		0-4 Tbsp. infant cereal ^{2,3} meat, fish, poultry, whole egg cooked dry beans or peas, or 0-2 oz. cheese, or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup of yogurt ⁴ ; or a Combination of the above; and	YOGURT	CHEESE	OATMEAL	CHICKEN	TURKEY
	0-2 Tbsp. vegetable or fruit or a combination of both ^{5,6}	GREEN BEANS	SWEET POTATOES	CARROTS	PEARS	APPLESAUCE	
Snack	Birth – 5 Months	4-6 fl. oz. breastmilk ¹ or formula ²	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK
	6 – 11 Months	2-4 fl. oz. breastmilk ¹ or formula ²	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK	IFIF/BREASTMILK
		0-1/2 slice of bread ^{3,4} or 0-2 crackers ^{3,4} or 0-4 Tbsp. infant cereal ^{2,3,4} or Ready-to-eat breakfast cereal ^{3,4,5,6} ;	BREAD	CRACKERS	RICE	OATMEAL	BREAD
	0-2 Tbsp. vegetable or fruit or a combination of both ^{6,7}	PEARS	APPLESAUCE	BANANA	APPRICOT	CARROTS	

1. Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more. 2. Infant formula and dry infant cereal must be iron-fortified. 3. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains. 4. A serving of grains must be whole grain-rich, enriched meal, or enriched flour. 5. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal. 6. A serving of this component is required when the infant is developmentally ready to accept it. 7. Fruit and vegetable juice must not be served.