

Infant's Full Name: \_\_\_\_\_

Age: \_\_\_\_\_

## CACFP Individual Infant Menu Weekends

Provider Name: \_\_\_\_\_



	Age	Portion Size/Component	Saturday Date:	Sunday Date:
<b>Breakfast</b>	<b>Birth – 5 Months</b>	4-6 fl. oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF/BREASTMILK	IFIF/BREASTMILK
	<b>6 – 11 Months</b>	6-8 fl. oz. breastmilk <sup>1</sup> or formula <sup>2</sup>  0-4 Tbsp. infant cereal <sup>2,3</sup> 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 <sup>4</sup> ; or a Combination of the above; and  0-2 Tbsp. vegetable or fruit or a combination of both <sup>5,6</sup>	IFIF/BREASTMILK	IFIF/BREASTMILK
	<b>Birth – 5 Months</b>	4-6 fl. oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF/BREASTMILK	IFIF/BREASTMILK
<b>Lunch / Supper</b>	<b>6 – 11 Months</b>	6-8 fl. oz. breastmilk <sup>1</sup> or formula <sup>2</sup>  0-4 Tbsp. infant cereal <sup>2,3</sup> 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 <sup>4</sup> ; or a Combination of the above; and  0-2 Tbsp. vegetable or fruit or a combination of both <sup>5,6</sup>	IFIF/BREASTMILK	IFIF/BREASTMILK
	<b>Birth – 5 Months</b>	4-6 fl. oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF/BREASTMILK	IFIF/BREASTMILK
<b>Snack</b>	<b>6 – 11 Months</b>	2-4 fl. oz. breastmilk <sup>1</sup> or formula <sup>2</sup>  0-1/2 slice of bread <sup>3,4</sup> or 0-2 crackers <sup>3,4</sup> or 0-4 Tbsp. infant cereal <sup>2,3,4</sup> or Ready-to-eat breakfast cereal <sup>3,4,5,6</sup> ;	IFIF/BREASTMILK	IFIF/BREASTMILK
	<b>Birth – 5 Months</b>	4-6 fl. oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF/BREASTMILK	IFIF/BREASTMILK
		0-2 Tbsp. vegetable or fruit or a combination of both <sup>6,7</sup>		

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.