

Infant's Full Name: _____
Age: _____

CACFP Individual Infant Menu Weekends (Sample)

Provider Name: _____

	Age	Portion Size/Component	Saturday Date:	Sunday Date:
	Birth – 5 Months	4-6 fl. oz. breastmilk ¹ or formula ²	IFIF/BREASTMILK	IFIF/BREASTMILK
Breakfast	6 – 11 Months	6-8 fl. oz. breastmilk ¹ or formula ²	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	WHOLE EGG
		0-2 Tbsp. vegetable or fruit or a combination of both ^{5,6}	BANANA	PEAS
Lunch / Supper	Birth – 5 Months	4-6 fl. oz. breastmilk ¹ or formula ²	IFIF/BREASTMILK	IFIF/BREASTMILK
	6 – 11 Months	6-8 fl. oz. breastmilk ¹ or formula ²	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	OATMEAL
		0-2 Tbsp. vegetable or fruit or a combination of both ^{5,6}	GREEN BEANS	CARROTS
Snack	Birth – 5 Months	4-6 fl. oz. breastmilk ¹ or formula ²	IFIF/BREASTMILK	IFIF/BREASTMILK
	6 – 11 Months	2-4 fl. oz. breastmilk ¹ or formula ²	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	RICE
		0-2 Tbsp. vegetable or fruit or a combination of both ^{6,7}	PEARS	BANANA

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. This institution is an equal opportunity provider Revised 1/2019