

Infant Menu for Child and Adult Care Food Program (CACFP)

Provider Name: _____ Infant Name: _____ Age: _____ Claim month: _____

Birth through 5 months		6 through 11 months ¹	Monday Date: _____	Tuesday Date: _____	Wednesday Date: _____	Thursday Date: _____	Friday Date: _____
Breakfast	4-6 fluid ounces (fl oz) of breast milk or iron-fortified infant formula (IFIF) ^{2,3}	6-8 fluid ounces of breastmilk or IFIF ^{2,3,4}					
		0-¼ ounce equivalent (oz eq) of iron-fortified dry infant cereal (IFIC) ^{5,6} or 0-4 tablespoons meat, fish, poultry, whole eggs, or cooked dry beans or peas or 0-2 ounces of cheese or 0-4 ounces (½ cup) of cottage cheese or 0-4 ounces (½ cup) of yogurt ⁷ or any combination <i>Required when developmentally ready</i> ⁸					
		0-2 tablespoons of vegetables, fruits, or combination ⁹ <i>Required when developmentally ready</i> ⁸					
AM Snack	4-6 fl. oz. breastmilk or IFIF ^{2,3}	2-4 fluid ounces of breastmilk or IFIF ^{2,3,4}					
		0-½ oz eq of bread or bread-like item ^{6,10,11} or 0-¼ oz eq crackers ^{6,10,11} or 0-¼ oz eq of IFIC ^{5,6} or 0-¼ oz eq of ready-to-eat (RTE) cereal ^{5,11,12} <i>Required when developmentally ready</i> ⁸					
		0-2 tablespoons of vegetables, fruits, or combination ⁹ <i>Required when developmentally ready</i> ⁸					
Lunch	4-6 fl. oz. breastmilk or IFIF ^{2,3}	6-8 fluid ounces of breastmilk or IFIF ^{2,3,4}					
		0-¼ oz eq of IFIC ^{5,6} or 0-4 tablespoons of meat, fish, poultry, whole eggs, or cooked dry beans or peas or 0-2 ounces of cheese or 0-4 ounces (½ cup) of cottage cheese or 0-4 ounces (½ cup) of yogurt ⁷ or any combination <i>Required when developmentally ready</i> ⁸					
		0-2 tablespoons of vegetables, fruits, or both ⁹ <i>Required when developmentally ready</i> ⁸					
PM Snack	4-6 fl. oz. breastmilk or IFIF ^{2,3}	2-4 fluid ounces of breastmilk or IFIF ^{2,3,4}					
		0-½ oz eq of bread or bread-like item ^{6,10,11} or 0-¼ oz eq crackers ^{6,10,11} or 0-¼ oz eq of IFIC ^{5,6} or 0-¼ oz eq of RTE cereal ^{6,11,12} <i>Required when developmentally ready</i> ⁸					
		0-2 tablespoons of vegetables, fruits, or combination ⁹ <i>Required when developmentally ready</i> ⁸					
Dinner	4-6 fl. oz. breastmilk or IFIF ^{2,3}	6-8 fluid ounces of breastmilk or IFIF ^{2,3,4}					
		0-¼ oz eq of IFIC ^{5,6} or 0-4 tablespoons of meat, fish, poultry, whole eggs, or cooked dry beans or peas or 0-2 ounces of cheese or 0-4 ounces (½ cup) of cottage cheese or 0-4 ounces (½ cup) of yogurt ⁷ or any combination <i>Required when developmentally ready</i> ⁸					
		0-2 tablespoons of vegetables, fruits, or combination ⁹ <i>Required when developmentally ready</i> ⁸					

Notes:

- ¹ The minimum serving sizes are ranges as not all babies are ready to eat solid foods at the same time. When a baby is regularly eating solid foods, the CACFP site must offer all required food components. A baby does not have to eat the entire amount offered for the meal or snack to be reimbursed.
- ² Breastmilk, infant formula, or portions of both must be served. Infant formula must be iron-fortified. Breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding may be offered less than the minimum serving, with additional breastmilk offered later if the infant will consume more. CACFP facilities may claim reimbursement for meals when a mother supplies expressed breastmilk or directly breastfeeds her infant on site.
- ³ CACFP facilities must offer at least one iron-fortified infant formula that meets the CACFP requirements. Parents/guardians may choose to decline the offered formula and provide another allowable infant formula. CACFP facilities may claim reimbursement for meals and snacks when a parent/guardian supplies an allowable infant formula, even when the infant is only consuming infant formula.
- ⁴ A parent/guardian may only provide 1 meal component as part of a reimbursable meal. If a parent/guardian chooses to provide breastmilk or a creditable infant formula, and the infant is consuming solid foods, the meal is only reimbursable if the CACFP site provides all other required meal components. If an infant is only consuming breastmilk or formula, which is provided by the parent/guardian, this meal is reimbursable.
- ⁵ Dry infant cereal must be iron fortified. An infant cereal is iron fortified if the ingredients list includes one of the following ingredients: “iron,” “ferric fumarate,” “electrolytic iron,” or “iron (electrolytic).”
- ⁶ The quantities for creditable grains are in ounce equivalents (oz eq). For more information, refer to the USDA’s resource, [Feeding Infants Using Ounce Equivalents for Grains in the CACFP](#).
- ⁷ Yogurt cannot exceed 23 grams of total sugars per 6 ounces. For more information, refer to the USDA’s resource, [Calculating Sugar Limits for Yogurt in the CACFP](#).
- ⁸ A serving of this component is required when the infant is developmentally ready to accept it. Prepare all foods to the appropriate texture to match the baby’s feeding skills and prevent choking.
- ⁹ Fruit and vegetable juices cannot be served.
- ¹⁰ Grains must be made with enriched or whole-grain meal or flour. The CACFP infant meal pattern does not have a whole grain-rich requirement.
- ¹¹ Breads, bread-like items (such as biscuits, rolls, corn muffins, pita bread, pancakes, soft tortillas, and waffles), crackers, and RTE breakfast cereals credit only at snack for ages 6-11 months. These foods do not credit at breakfast, lunch, or supper and cannot be served in place of iron-fortified infant formula.
- ¹² RTE breakfast cereals must be fortified or made with enriched or whole-grain meal or flour. RTE cereals cannot exceed 6 grams of sugar per dry ounce. For more information, refer to the USDA’s resource, [Choose Breakfast Cereals That Are Lower in Added Sugars](#).

