

Child and Adult Care Food Program Infant Menu/Meal Attendance

Center/Provider Name: _____

Month of: _____

Name of Infant: _____ Age: _____

Week of: _____

Meal Components required	Minimum serving size offered 0-5 months	Day of Week				
		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast						
Breastmilk ¹ or formula ²	4-6 fl. oz.					
AM Snack						
Breastmilk ¹ or formula ²	4-6 fl. oz.					
Lunch						
Breastmilk ¹ or formula ²	4-6 fl. oz.					
PM Snack						
Breastmilk ¹ or formula ²	4-6 fl. oz.					
Supper						
Breastmilk ¹ or formula ²	4-6 fl. oz.					

Example:

Supper						
Breastmilk ¹ or formula ²		5 oz Breastmilk	4 oz Breastmilk	6 oz Breastmilk	4 oz Breastmilk	4 oz Breastmilk

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 infants who regularly consume less than the minimum amount of [expressed] breastmilk per feeding, a serving of less than the minimum amount of [expressed] breastmilk may be offered, with additional [expressed] breastmilk offered at a later time if the infant will consume more.
2. Infant formula and dry infant cereal must be iron-fortified.

CACFP Infant Menu/Meal Attendance: Center/Provider Name: _____
 Month: _____

Infant Name: _____
 Week of: _____

Meal Components required	Minimum serving size offered 6-11 months	Day of Week				
		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast						
Breastmilk ¹ or formula ²	6-8 fl. oz.					
Infant cereal ^{2,3} meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas (A) or Cheese (B), or Cottage cheese (C), or Yogurt ⁴ (D); or a combination of the above ⁵	0-4 Tbsp. (A) 0-2 oz. (B) 0-4 oz. (C) 0-4 oz (D)					
Vegetable or fruit or a combination of both ^{5,6}	0-2 Tbsp.					
Lunch						
Breastmilk ¹ or formula ²	6-8 fl. oz.					
Infant cereal ^{2,3} meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas (A) or Cheese (B), or Cottage cheese (C), or Yogurt ⁴ (D); or a combination of the above ⁵	0-4 Tbsp. (A) 0-2 oz. (B) 0-4 oz. (C) 0-4 oz (D)					
Vegetable or fruit or a combination of both ^{5,6}	0-2 Tbsp.					
Supper						
Breastmilk ¹ or formula ²	6-8 fl. oz.					
Infant cereal ^{2,3} meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas (A) or Cheese (B), or Cottage cheese (C), or Yogurt ⁴ (D); or a combination of the above ⁵	0-4 Tbsp. (A) 0-2 oz. (B) 0-4 oz. (C) 0-4 oz (D)					
Vegetable or fruit or a combination of both ^{5,6}	0-2 Tbsp.					

Meal Components required	Minimum serving size offered 6-11 months	Day of Week				
		Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack						
Breastmilk ¹ or formula ²	2-4 fl. oz.					
Slice bread ^{3,5,7} (A); or Crackers ^{3,5,7} (B); or Infant cereal ^{2,3,5,7} (C); or Ready-to-eat breakfast cereal ^{3,5,7,8} (D)	0-½ slice (A) 0-2 whole (B) 0-4 Tbsp. (C) 0-2 Tbsp. (D)					
Vegetable or fruit, or combination of both ^{5,6}	0-2 Tbsp.					
PM Snack						
Breastmilk ¹ or formula ²	2-4 fl. oz.					
Slice bread ^{3,5,7} (A); or Crackers ^{3,5,7} (B); or Infant cereal ^{2,3,5,7} (C); or Ready-to-eat breakfast cereal ^{3,5,7,8} (D)	0-½ slice (A) 0-2 whole (B) 0-4 Tbsp. (C) 0-2 Tbsp. (D)					
Vegetable or fruit, or combination of both ^{5,6}	0-2 Tbsp.					

- 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 infants who regularly consume less than the minimum amount of [expressed] breastmilk per feeding, a serving of less than the minimum amount of [expressed] breastmilk may be offered, with additional [expressed] breastmilk offered at a later time if the infant will consume more.
- Infant formula and dry infant cereal must be iron-fortified.
- Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces
- A serving of this component is required when the infant is developmentally ready to accept it.
- Fruit and vegetable juices must not be served.
- A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

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