




CACFP INFANT MENU (5-DAY)



Site Name:		WEEK SIX	Date:	Date:	Date:	Date:	Date:
B r e a s t	Age	Portion Size/Component	Mon	Tue	Wed	Thu	Fri
	Birth – 3 Months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF
	4 – 7 months	4-8 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF
		0-3 Tbsp. infant cereal ^{1,4}	IFIF	IFIF	IFIF	IFIF	IFIF
8 – 11 months	6-8 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF	
	2-4 Tbsp. infant cereal ¹	IFIF	IFIF	IFIF	IFIF	IFIF	
	1-4 Tbsp. fruit or vegetable or both	Squash	Bananas	Peaches	Applesauce	Pears	
L u n c h / S u p p e r	Birth – 3 months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	 IFIF	IFIF	IFIF	IFIF
	4 – 7 months	4-8 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF
		0-3 Tbsp. infant cereal ^{1,4}	IFIF	IFIF	IFIF	IFIF	IFIF
		0-3 Tbsp. fruit or vegetable or both ⁴	Spinach	Peas	Carrots	Green Beans	Sweet Potatoes
	8 – 11 months	6-8 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	IFIF	IFIF	IFIF	IFIF
		2-4 Tbsp. infant cereal ¹ and/or 1-4 Tbsp. meat, fish, poultry, egg yolk or cooked dry beans or peas, or 1/2-2oz. cheese, or 1-4 oz. (volume) cottage cheese; or 1-4 oz. (weight) cheese food, or cheese spread	IFIF	IFIF	IFIF	 IFIF	IFIF
1-4 Tbsp. fruit or vegetable or both		Peaches	Applesauce	Bananas	Squash	Applesauce	
S n a c k	Birth – 7 months	4-6 fl. oz. formula ¹ or breastmilk ^{2,3}	IFIF	 IFIF	IFIF	IFIF	IFIF
	8 – 11 months	2-4 fl. oz. formula ¹ or breastmilk ^{2,3} or fruit juice ⁵	IFIF	IFIF	IFIF	IFIF	IFIF
		0-1/2 slice of bread ^{4,6} or 0-2 crackers ^{4,6}	Plain Yogurt & Muffins	Graham Crackers	Whole Wheat Crackers	Biscuits	Animal Crackers

1 Infant formula and dry infant cereal must be iron-fortified.

2 Formula or breastmilk, or portions of both, may be served; however it is recommended that breastmilk be served in place of formula from birth through 11 months

3 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 if the infant is still hungry.

4 A serving of this component is required only when the infant is developmentally ready to accept it.

5 Fruit juice must be full-strength.

6 A serving of this component must be made from whole-grain or enriched meal or flour.

YOUTHLAND ACADEMY PROVIDES SIMILAC INFANT FORMULA W/IRON (For more information regarding this Iron Fortified Infant Formula please refer to Infant Meals Parent Preference Letter)

For more information on additional food components and amounts, please refer to CACFP Child Care Meal Pattern Chart in "What's in a Meal?".

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This institution is an equal opportunity provider.

*whole grains (like whole-wheat bread or pasta), which provide fiber, B vitamins, and iron, when applicable to age group.

*fresh fruits & vegetables in season, when they are at their peak flavor, washed and prepared on-site by

Youthland Academy cooks or select fruit canned in 100% fruit juice or water rather than syrup, when applicable to age group.