

CACFP Weekly Menu

December 1, 2025

MEAL	COMPONENT	0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz	Formula	Formula	Formula	Formula	Formula
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp		Infant Cereal		Infant Cereal	
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz	Cottage Cheese		Cottage Cheese		Yogurt
	Vegetable/Fruit/Both	x	0-2 tbsp	Applesauce	Apricot	Mixed Berries	Pears	Peaches
LUNCH	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz		Formula	Formula	Formula	Formula
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					Black Beans
	Cheese	x	0-2 oz	CLOSED		Cheese		
	Cottage Cheese/Yogurt/Combination	x	0-4 oz		Yogurt		Cottage Cheese	
	Vegetable/Fruit/Both	x	0-2 tbsp		Blueberries	Peas	Apricot	Hummus
SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz	Formula	Formula	Formula	Formula	Formula
	Bread	x	0-1/2 slice		Toast			
	Cracker	x	0-2	Crackers			Crackers	
	Infant or RTE Cereal	x	0-4 tbsp			Cheerios		Kix
	Vegetable/Fruit/Both	x	0-2 tbsp	Hummus	Peas	Applesauce	Gr. Beans	Blueberries



One 8 oz. glass of water per year of age until 8 years old.