



0–5 Months

Formula or breast milk only — no solid foods per CACFP & AAP guidelines

CACFP SERVING SIZES

All Meals

- Breast milk or iron-fortified formula
- 4–6 fl oz per feeding

NOTES

- No solid foods for 0–5 month infants.
- Formula or breast milk at every meal.
- Amounts based on infant hunger cues.

Meal	Monday half day	Tuesday	Wednesday	Thursday	Friday
Breakfast	Formula / Breast Milk 4–6 fl oz	Formula / Breast Milk 4–6 fl oz	Formula / Breast Milk 4–6 fl oz	Formula / Breast Milk 4–6 fl oz	Formula / Breast Milk 4–6 fl oz
AM Snack	Formula / Breast Milk 4–6 fl oz	Formula / Breast Milk 4–6 fl oz	Formula / Breast Milk 4–6 fl oz	Formula / Breast Milk 4–6 fl oz	Formula / Breast Milk 4–6 fl oz
Lunch	<i>Not served</i>	Formula / Breast Milk 4–6 fl oz	Formula / Breast Milk 4–6 fl oz	Formula / Breast Milk 4–6 fl oz	Formula / Breast Milk 4–6 fl oz



6–11 Months

Transitional foods introduced — formula/breast milk remains primary nutrition

CACFP SERVING SIZES

Breakfast

- Formula/breast milk: 6–8 fl oz
- Grain or meat alt: 0–4 Tbsp
- Vegetable or fruit: 0–2 Tbsp

AM Snack

- Formula/breast milk: 2–4 fl oz
- Grain (cereal): 0–4 Tbsp
- Vegetable or fruit: 0–2 Tbsp

Lunch

- Formula/breast milk: 6–8 fl oz
- Grain or meat alt: 0–4 Tbsp
- Vegetable or fruit: 0–2 Tbsp

NOTES

- Formula/breast milk remains primary.
- Solid foods are supplemental.
- Introduce one new food at a time.

Meal	Monday half day	Tuesday	Wednesday	Thursday	Friday
Breakfast	Formula / breast milk 6–8 fl oz <i>Iron-fortified WG Bread</i> ♦ 2 Tbsp <i>Pureed Nectarine</i> ♦ 1 Tbsp	Formula / breast milk 6–8 fl oz <i>Iron-fortified Rice</i> ♦ 2 Tbsp <i>Pureed Banana</i> ♦ 1 Tbsp	Formula / breast milk 6–8 fl oz <i>Iron-fortified Oatmeal</i> ♦ 2 Tbsp <i>Pureed Blueberries</i> ♦ 1 Tbsp	Formula / breast milk 6–8 fl oz <i>Iron-fortified WG Crackers</i> ♦ 2 Tbsp <i>Pureed Watermelon</i> ♦ 1 Tbsp	Formula / breast milk 6–8 fl oz <i>Iron-fortified Flour Tortillas</i> ♦ 2 Tbsp <i>Pureed Peaches</i> ♦ 1 Tbsp
AM Snack	Formula / breast milk 2–4 fl oz Iron-fortified infant cereal 2 Tbsp <i>Pureed Carrots</i> ♦ 1 Tbsp	Formula / breast milk 2–4 fl oz Iron-fortified infant cereal 2 Tbsp <i>Pureed Tomatoes</i> ♦ 1 Tbsp	Formula / breast milk 2–4 fl oz Iron-fortified infant cereal 2 Tbsp <i>Pureed Bell Peppers</i> ♦ 1 Tbsp	Formula / breast milk 2–4 fl oz Iron-fortified infant cereal 2 Tbsp <i>Pureed Green Beans</i> ♦ 1 Tbsp	Formula / breast milk 2–4 fl oz Iron-fortified infant cereal 2 Tbsp <i>Pureed Sweet Potato</i> ♦ 1 Tbsp
Lunch	<i>Not served</i>	Formula / breast milk 6–8 fl oz <i>Pureed Chicken</i> ♦ 2 Tbsp <i>Pureed Mixed Vegetables</i> ♦ 1 Tbsp	Formula / breast milk 6–8 fl oz <i>Pureed Cottage Cheese</i> ♦ 2 Tbsp <i>Pureed Peas</i> ♦ 1 Tbsp	Formula / breast milk 6–8 fl oz <i>Pureed Turkey</i> ♦ 2 Tbsp <i>Pureed Avocado</i> ♦ 1 Tbsp	Formula / breast milk 6–8 fl oz <i>Pureed Plain Yogurt</i> ♦ 2 Tbsp <i>Pureed Butternut Squash</i> ♦ 1 Tbsp