

CACFP Weekly Menu

Week April 7, 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 | Formul | Formul | Formula |
| | Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas | x | 0-4 tbsp | | | Infant Cereal | | |
| | Cheese | x | 0-2 oz | | | | | |
| | Cottage Cheese/Yogurt/Combination | x | 0-4 oz | Cottage Cheese | Yogurt | | Yogurt | Cottage Cheese |
| | Vegetable/Fruit/Both | x | 0-2 tbsp | Applesauce | Blueberries | Banana | Mixed Berries | 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 | | Peas | | Turkey | |
| | Cheese | x | 0-2 oz | | | Cheese | | Cheese |
| | Cottage Cheese/Yogurt/Combination | x | 0-4 oz | | | | | |
| | Vegetable/Fruit/Both | x | 0-2 tbsp | | Peaches | Corn | Orange | Green Beans |
| 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 | | |
| | Infant or RTE Cereal | x | 0-4 tbsp | | | | Cheerios | Kix |
| | Vegetable/Fruit/Both | x | 0-2 tbsp | | Peas | Carrots | Peaches | Applesauce |



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

