

Date: June 8, 2026



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CACFP is an indicator of quality child care.
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 Breast milk or formula must be served on demand.

 Introduce new foods one at a time and watch for allergic reactions.




 Foods should be developmentally appropriate and served in safe texture.

 Follow each child's feeding cues. Do not force feed.

 1 Continue offering a variety of foods as infants grow and develop.
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This institution is an equal opportunity provider.

MEAL	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 	Milk Breast Milk or Infant Formula ^a 0-5 mos: 4-6 fl oz 6-11 mos: 6-8 fl oz	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula
	Grains or Meats/Meat Alternates Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, or Peas 6-11 mos: 0-4 tbsp			Infant Cereal	Infant Cereal	
	Cheese 6-11 mos: 0-2 oz					
	Cottage Cheese/Yogurt 6-11 mos: 0-4 oz	Yogurt	Cottage Cheese			Cottage Cheese
	Vegetable/Fruits/Both 6-11 mos: 0-2 tbsp	Blueberries	Applesauce	Peaches	Mix Berries	Pears
LUNCH 	Milk Breast Milk or Infant Formula ^a 0-5 mos: 4-6 fl oz 6-11 mos: 6-8 fl oz		Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula
	Grains or Meats/Meat Alternates Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, or Peas 6-11 mos: 0-4 tbsp	NOT SERVED		Turkey		Refried Beans
	Cheese 6-11 mos: 0-2 oz		Cheese		Cheese	
	Cottage Cheese/Yogurt 6-11 mos: 0-4 oz					
	Vegetables/Fruits Vegetable/Fruits/Both 6-11 mos: 0-2 tbsp		Mixed Vegetables	Green Beans	Broccoli	Carrots
SNACK 	Milk Breast Milk or Infant Formula ^a 0-5 mos: 4-6 fl oz 6-11 mos: 2-4 fl oz	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula
	Grains Bread 6-11 mos: 0-1/2 oz eq Crackers 6-11 mos: 0-1/4 oz eq Infant Cereal 6-11 mos: 0-4 tbsp Ready-to-Eat Cereal 6-11 mos: 0-1/4 oz eq	Toast	Crackers	Toast	Cheerios	Crackers
	Vegetables/Fruits Vegetable/Fruits/Both 6-11 mos: 0-2 tbsp	Banana	Peaches	Corn	Banana	Mixed Berries

^a Breast milk or formula is the only food infants need for the first 6 months.

^{**} Menus may be modified based on the preferences of infants.

* The 5 components at lunch may be substituted by a tomato or other vegetable in lieu of fruit, or a second vegetable in lieu of fruit.



Weekly Menu

CACFP
0-11 MONTHS

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 0-5 MONTHS
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 6-11 MONTHS

