

Date: July 20, 2026



CACFP is an indicator of quality child care.



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.



Continue offering a variety of foods as infants grow and develop.



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	Crackers	Toast	Corn Tortilla	Infant Cereal	Tortilla
	Cheese 6-11 mos: 0-2 oz					
	Cottage Cheese/Yogurt 6-11 mos: 0-4 oz					
	Vegetable/Fruits/Both 6-11 mos: 0-2 tbsp	Bananas	Nectarine	Peaches	Cantaloupe	Mango
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	Chicken	Tuna	Lentils	Turkey
	Cheese 6-11 mos: 0-2 oz					
	Cottage Cheese/Yogurt 6-11 mos: 0-4 oz					
	Vegetables/Fruits Vegetable/Fruits/Both 6-11 mos: 0-2 tbsp		Corn	Carrots	Tomatoes	Squash
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	Infant Cereal	Kix	Crackers	Cheerios	Toast
	Vegetables/Fruits Vegetable/Fruits/Both 6-11 mos: 0-2 tbsp	Bananas	Mango	Carrots	Banana	Avocado

^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

0-5 MONTHS
|
6-11 MONTHS

