

CACFP Weekly Menu

July 14, 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	Yogurt		Cottage
	Vegetable/Fruit/Both	x	0-2 tbsp	Avocado	Peaches	Mixed Berries	Applesauce	Blueberries
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		Hummus	Black Beans	Turkey	Chicken
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp		Carrots	Sw. Potato	Gr. Beans	Peas
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	Infant Cereal	Kix		
	Vegetable/Fruit/Both	x	0-2 tbsp	Pears	Banana	Corn	Carrots	Oranges



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

