

Date: June 22, 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
<b>BREAKFAST</b> 	<b>Milk</b> Breast Milk or Infant Formula <sup>a</sup> 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
	<b>Grains or Meats/Meat Alternates</b> Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, or Peas 6-11 mos: 0-4 tbsp	Infant Oatmeal	Infant Rice	Infant Oatmeal	Infant Rice	Infant Oatmeal
	<b>Cheese</b> 6-11 mos: 0-2 oz					
	<b>Cottage Cheese/Yogurt</b> 6-11 mos: 0-4 oz					
	<b>Vegetable/Fruits/Both</b> 6-11 mos: 0-2 tbsp	Banana	Peaches	Avocado	Applesauce	Sweet Potato
<b>LUNCH</b> 	<b>Milk</b> Breast Milk or Infant Formula <sup>a</sup> 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
	<b>Grains or Meats/Meat Alternates</b> Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, or Peas 6-11 mos: 0-4 tbsp	NOT SERVED	Chicken	Lentils	Turkey	Beef
	<b>Cheese</b> 6-11 mos: 0-2 oz					
	<b>Cottage Cheese/Yogurt</b> 6-11 mos: 0-4 oz					
	<b>Vegetables/Fruits</b> Vegetable/Fruits/Both 6-11 mos: 0-2 tbsp		Squash	Carrots	Peas	Green Beans
<b>SNACK</b> 	<b>Milk</b> Breast Milk or Infant Formula <sup>a</sup> 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
	<b>Grains</b> 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 Rice	Crackers	Infant Rice	Crackers	Infant Rice
	<b>Vegetables/Fruits</b> Vegetable/Fruits/Both 6-11 mos: 0-2 tbsp	Sweet Potato	Avocado	Mango	Banana	Pears

<sup>a</sup> Breast milk or formula is the only food infants need for the first 6 months.

<sup>\*\*</sup> 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

