

0 – 5 Months *Formula / breast milk only*

MEAL & CACFP QUANTITIES	Mon <i>half day</i>	Tue	Wed	Thu	Fri
BREAKFAST Breast milk or formula: 4–6 fl oz	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula
AM SNACK Breast milk or formula: 4–6 fl oz	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula
LUNCH Breast milk or formula: 4–6 fl oz	<i>Half day Not served</i>	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula

6 – 11 Months *Introducing solids + formula*

MEAL & CACFP QUANTITIES	Mon <i>half day</i>	Tue	Wed	Thu	Fri
BREAKFAST Formula or breast milk: 6–8 fl oz Grain or meat alt: 0–4 Tbsp Vegetable or fruit: 0–2 Tbsp	Formula / breast milk Oatmeal Banana	Formula / breast milk Oatmeal Mango	Formula / breast milk WG Cheerios Banana	Formula / breast milk Oatmeal Applesauce	Formula / breast milk French Toast Sticks Banana
AM SNACK Formula or breast milk: 2–4 fl oz Grain (cereal): 0–4 Tbsp Vegetable or fruit: 0–2 Tbsp	Formula / breast milk Iron-fortified infant cereal Cantaloupe	Formula / breast milk Iron-fortified infant cereal Peaches	Formula / breast milk Iron-fortified infant cereal Strawberries	Formula / breast milk WG Bread Avocado	Formula / breast milk Pita Tuna
LUNCH Formula or breast milk: 6–8 fl oz Grain or meat alt: 0–4 Tbsp Vegetable or fruit: 0–2 Tbsp	<i>Half day Not served</i>	Formula / breast milk Chicken - Infant Peas	Formula / breast milk Black Beans Corn	Formula / breast milk Peanut Butter Apples	Formula / breast milk Lentils Sweet Potato