

Menu Ideas for Infant CACFP Meal Service with Limited Food Options

CACFP Compliant Food Items for Developmentally Ready Infants 6-11 Months

(The only required meal component for infants 0-5 months is breastmilk or iron-fortified infant formula.)

Please serve foods of the appropriate texture and consistency. The following list of creditable items can count toward the food components of reimbursable infant meals or snacks. This list is not all-inclusive.

Fruit	Vegetable	Meat/Meat Alternate	Grain (snack only)
Applesauce Apricots Bananas Fruit Cocktail Fruit Cup Grapefruit Mandarin Oranges Peaches Pears Pineapple Tropical Fruit <i>Any jarred/ pouch baby food with a fruit as the first ingredient (feed with spoon)</i>	Asparagus Avocado Beets Carrots Corn Green Beans Peas Spinach Sweet Potatoes Tomatoes <i>Any jarred/ pouch baby food with a vegetable as the first ingredient (feed with spoon)</i>	Baked Beans Black Beans Black Eyed Peas Cheese Chicken Chickpeas Cottage Cheese Eggs Iron-fortified infant cereal Kidney Beans Lentils Pinto Beans Refried Beans Turkey White Beans (Cannellini, Navy, etc.) Yogurt** <i>Any jarred/ pouch baby food with a meat as the first ingredient (e.g. "Turkey Rice Dinner")</i>	Animal Crackers Bread Cereals (Cheerios, Kix, etc.)* Crackers English Muffins Gold Fish Graham Crackers Infant Puffs (allowable if enriched, whole grain, or fortified like a ready-to-eat cereal) Pancakes Waffles

*Please ensure that all cereals meet the requirement of containing 6g sugar or less per ounce. For a list of healthier cereal choices, please see our tip sheet called "Healthy Cereal Choices for Use in the CACFP."

**Please ensure that all yogurts meet the requirement of containing 23g sugar or less per 6 ounce serving.

Please note the following:

- 3 meal components for developmentally ready infants ages 6-11 months at meals are:
 1. Breastmilk or iron-fortified infant cereal
 2. Iron-fortified infant cereal or meat/meat alternate
 - Bread, ready-to-eat cereals, or crackers are only allowable at snack, not meals
 3. Vegetable, fruit, or both
- We encourage you to use this sample menu for guidance and inspiration. **Institutions are not required to adhere to this sample menu.**

The following sample menu is designed to offer a week of meal ideas that are easy to prepare and still meet the CACFP meal pattern requirements.

Infant Menu

CACFP Agreement Number



Institution Name:

Month and Year:

Food Group	Required Minimum Serving Sizes ¹		Date:	Monday	Tuesday	Wednesday	Thursday	Friday
	0-5 Mos.	6-11 Mos.						
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl. oz.	0-5 mo.	Breastmilk or iron-fortified infant formula	Breastmilk or iron-fortified infant formula	Breastmilk or iron-fortified infant formula	Breastmilk or iron-fortified infant formula	Breastmilk or iron-fortified infant formula
			6-11 mo.					
Iron-fortified infant cereal or meat/meat alternate ^{1,3}		0-1/2 oz. eq. iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese or yogurt; or a combination of the above	6-11 mo.					
Vegetable/Fruit ^{1,4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.					
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl. oz.	0-5 mo.	Breastmilk or iron-fortified infant formula	Breastmilk or iron-fortified infant formula	Breastmilk or iron-fortified infant formula	Breastmilk or iron-fortified infant formula	Breastmilk or iron-fortified infant formula
			6-11 mo.					
Iron-fortified infant cereal or meat/meat alternate ^{1,3}		0-1/2 oz. eq. iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese or yogurt; or a combination of the above	6-11 mo.					
Vegetable/Fruit ^{1,4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.					
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	2-4 fl. oz.	0-5 mo.	Breastmilk or iron-fortified infant formula	Breastmilk or iron-fortified infant formula	Breastmilk or iron-fortified infant formula	Breastmilk or iron-fortified infant formula	Breastmilk or iron-fortified infant formula
			6-11 mo.					
Grains ^{1,5,6}		0-1/2 oz. eq. bread/bread-like items or iron-fortified infant cereal; or 0-1/4 oz. eq. ready-to-eat cereal ⁶ or crackers	6-11 mo.					
Vegetable/Fruit ^{1,4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.					

¹**A serving of solid foods** in each food group is required when the infant is developmentally ready to accept it. See the NC CACFP Infant Feeding Consent Form for guidance. Menu variations for each infant will be based on the infant’s developmental readiness for, and exposure to, individual food items, and these variations are documented in the infant’s feeding record.

²**Breastmilk or iron-fortified infant formula**, or portions of both, must be served; it is recommended that breastmilk be served in place of iron-fortified infant formula from birth through 11 months.

- Breastfeeding on-site is allowed as part of a reimbursable meal. The childcare center must document that the infant was breastfed, but documentation of duration and amount is not required.

- Breastmilk serving size can be less for some infants, with additional breastmilk offered later if the infant will consume more.
- Iron-fortified infant cereal may NOT be offered in a bottle.

³**Yogurt** must contain no more than 23 grams of total sugar per 6 oz. of yogurt.

⁴**Vegetable/fruit juices** must not be served to infants.

⁵**Grains** must be enriched, fortified, or whole grain-rich.

⁶**Breakfast cereals** must contain no more than 6 grams of sugar per dry ounce of cereal and must be iron-fortified.

This institution is an equal opportunity provider.