

## 5-Day Grab and Go CACFP Meals for Infants 6-11 Months

Total amount of each food needed per participant for the 5-day menu below	
<p><b>13 each:</b> 8 fl. oz. bottles, Iron-fortified formula, ready-to-feed</p> <p><b>1 1/4 cups (2.5 oz. eq.)</b> dry iron-fortified infant oatmeal cereal</p> <p><b>1 2/3 cups (1.25 oz. eq.)</b> Kix® cereal</p>	<p><b>5 each:</b> 4 oz. turkey rice dinner, plastic tubs</p> <p><b>2 each:</b> 4 oz. baby food sweet potatoes, plastic tubs 4 oz. baby food peaches, plastic tubs 4 oz. baby food bananas, plastic tubs 4 oz. baby food carrots, plastic tubs</p>

### MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	6-8 fl. oz. IF* formula 0-4 TB IF infant oatmeal cereal 0-2 TB peaches	6-8 fl. oz. IF formula 0-4 TB IF infant oatmeal cereal 0-2 TB bananas	6-8 fl. oz. IF formula 0-4 TB IF infant oatmeal cereal 0-2 TB bananas	6-8 fl. oz. IF formula 0-4 TB IF infant oatmeal cereal 0-2 TB peaches	6-8 fl. oz. IF formula 0-4 TB IF infant oatmeal cereal 0-2 TB peaches
<b>Lunch</b>	6-8 fl. oz. IF formula 0-4 TB turkey rice dinner (tub) 0-2 TB carrots	6-8 fl. oz. IF formula 0-4 TB turkey rice dinner (tub) 0-2 TB carrots	6-8 fl. oz. IF formula 0-4 TB turkey rice dinner (tub) 0-2 TB sweet potatoes	6-8 fl. oz. IF formula 0-4 TB turkey rice dinner (tub) 0-2 TB sweet potatoes	6-8 fl. oz. IF formula 0-4 TB turkey rice dinner, (tub) 0-2 TB carrots
<b>Snack</b>	2-4 fl. oz. formula 0-4 TB Kix® cereal 0-2 TB bananas	2-4 fl. oz. IF formula 0-4 TB Kix® cereal 0-2 TB sweet potatoes	2-4 fl. oz. IF formula 0-4 TB Kix® cereal 0-2 TB peaches	2-4 fl. oz. IF formula 0-4 TB Kix® cereal 0-2 TB carrots	2-4 fl. oz. IF formula 0-4 TB Kix® cereal 0-2 TB sweet potatoes

\*IF = iron-fortified