

# Infant Menu

Institution's Name:

CACFP Agreement Number:



Month and Year:

Food Group	Required Minimum Serving Sizes <sup>1</sup>		Date:	Monday	Tuesday	Wednesday	Thursday	Friday
	0-5 Mos.	6-11 Mos.						
Breastmilk or iron-fortified infant formula <sup>2</sup>	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 <sup>1,3</sup>		0-1/2 oz. eq. iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. eq. cottage cheese or yogurt; or a combination of the above	6-11 mo.	Cottage cheese	Infant oatmeal cereal	Scrambled eggs	Infant barley cereal	Great Value® Strawberry Banana Yogurt
Vegetable/Fruit <sup>1,4</sup>		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Pineapple, crushed	Strawberries, diced	Avocado, mashed	Peaches, peeled and diced	Blueberries, finely chopped
Breastmilk or iron-fortified infant formula <sup>2</sup>	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 <sup>1,3</sup>		0-1/2 oz. eq. iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. eq. cottage cheese or yogurt; or a combination of the above	6-11 mo.	Ground turkey crumbles	Boneless tilapia, baked	Smashed black beans	Shredded cheddar cheese	Diced chicken
Vegetable/Fruit <sup>1,4</sup>		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Sweet potato, mashed	Butternut squash puree	Mango, diced	Pear puree	Green peas
Breastmilk or iron-fortified infant formula <sup>2</sup>	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 <sup>1,5,6</sup>		0-1/2 oz. eq. bread/bread-like items or iron-fortified infant cereal; or 0-1/4 oz. eq. ready-to-eat cereal <sup>6</sup> or crackers	6-11 mo.	Soft pita triangles	WW toast sticks	Cheerios®	WG Goldfish crackers	Small pieces of rolls
Vegetable/Fruit <sup>1,4</sup>		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Green beans, diced	Carrots, steamed and chopped	Applesauce	Broccoli, mashed	Banana, sliced

<sup>1</sup>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.

<sup>2</sup>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.

<sup>3</sup>Yogurt must contain no more than 23 grams of total sugar per 6 oz. of yogurt.

<sup>4</sup>Vegetable/fruit juices must not be served to infants.

<sup>5</sup>Grains must be enriched, fortified, or whole grain-rich.

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Iron-fortified infant cereal or meat/meat alternate <sup>1,3</sup>		0-1/2 oz. eq. iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. eq. cheese; or 0-4 oz. eq. cottage cheese or yogurt; or a combination of the above	6-11 mo.		Hard boiled eggs, mashed	Great Value® Blueberry Yogurt	Infant oatmeal cereal	Pinto beans	Shredded mozzarella
Vegetable/Fruit <sup>1,4</sup>		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.		Apricot puree	Kiwi, diced	Broccoli, steamed	Roasted orange sweet peppers, mashed	Spinach puree
Breastmilk or iron-fortified infant formula <sup>2</sup>	4-6 fl.oz.	6-8 fl. oz.	0-5 mo. 6-11 mo.	Lunch/Supper	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
Iron-fortified infant cereal or meat/meat alternate <sup>1,3</sup>		0-1/2 oz. eq. iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. eq. cheese; or 0-4 oz. eq. cottage cheese or yogurt; or a combination of the above	6-11 mo.		Baked beans	Ground beef crumbles	Cottage cheese	Tuna Salad	Pork chops, finely diced
Vegetable/Fruit <sup>1,4</sup>		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.		Cauliflower, steamed and mashed	Green beans puree	Apple and pear puree	Grape tomatoes, finely diced	Black beans, mashed
Breastmilk or iron-fortified infant formula <sup>2</sup>	4-6 fl.oz.	2-4 fl. oz.	0-5 mo. 6-11 mo.	Snack	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
Grains <sup>1,5,6</sup>		0-1/2 oz. eq. bread/bread-like items or iron-fortified infant cereal; or 0-1/4 oz. eq. ready-to-eat cereal <sup>6</sup> or crackers	6-11 mo.		Toasted English muffin	Kix®	Animal crackers	Infant barely cereal	Bagel slices
Vegetable/Fruit <sup>1,4</sup>		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.		Prune puree	Pear, blueberry, and spinach blend	Butternut squash puree	Watermelon, finely diced	Sweet potato puree

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Iron-fortified infant cereal or meat/meat alternate <sup>1,3</sup>		0-1/2 oz. eq. iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. eq. cheese; or 0-4 oz. eq. cottage cheese or yogurt; or a combination of the above	6-11 mo.	Egg Salad	Black beans	Shredded Monterey Jack cheese	Infant barely cereal	Cottage cheese
Vegetable/Fruit <sup>1,4</sup>		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Tomatoes, mashed	Peaches puree	Pear, spinach, and pea blend	Red grapes, finely chopped	Blueberries, finely chopped
Breastmilk or iron-fortified infant formula <sup>2</sup>	4-6 fl.oz.	6-8 fl. oz.	0-5 mo. 6-11 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
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Vegetable/Fruit <sup>1,4</sup>		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Strawberries, diced	Carrot puree	Sweet potatoes, diced and toasted	Mashed potatoes	Spaghetti squash, finely chopped
Breastmilk or iron-fortified infant formula <sup>2</sup>	4-6 fl.oz.	2-4 fl. oz.	0-5 mo. 6-11 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
Grains <sup>1,5,6</sup>		0-1/2 oz. eq. bread/bread-like items or iron-fortified infant cereal; or 0-1/4 oz. eq. ready-to-eat cereal <sup>6</sup> or crackers	6-11 mo.	Multigrain Cheerios®	Infant oatmeal cereal	WG tortilla strips	WG crackers	Corn bread
Vegetable/Fruit <sup>1,4</sup>		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Cantaloupe, finely diced	Apple and spinach blend	Papaya, finely diced	Green pea puree	Banana and pumpkin blend

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Iron-fortified infant cereal or meat/meat alternate <sup>1,3</sup>		0-1/2 oz. eq. iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. eq. cheese; or 0-4 oz. eq. cottage cheese or yogurt; or a combination of the above	6-11 mo.	Cottage cheese	Great Value <sup>®</sup> Orange Yogurt	Infant oatmeal cereal	Scrambled eggs	Mashed pinto beans
Vegetable/Fruit <sup>1,4</sup>		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Banana, mashed	Raspberries, mashed	Plum puree	Hash browns, finely chopped	Nectarines, peeled and diced
Breastmilk or iron-fortified infant formula <sup>2</sup>	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
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Vegetable/Fruit <sup>1,4</sup>		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Green peas, steamed	Roasted red sweet peppers, diced	Yellow squash, chopped	Baked apples, diced	Collards, finely chopped
Breastmilk or iron-fortified infant formula <sup>2</sup>	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 <sup>1,5,6</sup>		0-1/2 oz. eq. bread/bread-like items or iron-fortified infant cereal; or 0-1/4 oz. eq. ready-to-eat cereal <sup>6</sup> or crackers	6-11 mo.	Wheat Chex <sup>®</sup>	WG Crackers	Mini WG rice cakes	Berry Berry Kix <sup>®</sup>	Small pieces of bread
Vegetable/Fruit <sup>1,4</sup>		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Bing cherries, pitted and finely chopped	Beet, pear, and pomegranate blend	Green beans, steamed and diced	Butternut squash, diced and roasted	Corn, squash, and apple blend

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