

**North Carolina Child and Adult Care Food Program
Infant Weekly Menu Planning Tool**

Facility/Center Name:							
Infant Meal Pattern (Each bullet is a required component)	BREAKFAST/LUNCH/SUPPER				SNACK		
	0-5 Months				0-5 Months		
	<ul style="list-style-type: none"> 4-6 fl. oz. Breastmilk^{1,3} or iron fortified infant formula^{1,4} 				<ul style="list-style-type: none"> 4-6 fl. oz. Breastmilk^{1,3} or iron-fortified infant formula^{1,4} 		
	6-11 Months				6-11 Months		
<ul style="list-style-type: none"> 6-8 fl. oz. Breastmilk^{1,3} or iron fortified infant formula^{1,4} When developmentally ready⁶: <ul style="list-style-type: none"> 0-4 Tbsp. iron-fortified infant cereal^{4,8}, 0-4 Tbsp. Meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. of cheese; or 0-4 oz. (volume) of cottage cheese; or 0-4 oz. or ½ cup yogurt⁵; or a combination of the above. 0-2 Tbsp. vegetable/fruit⁷ or a combination or both. 				<ul style="list-style-type: none"> 2-4 fl. oz. Breastmilk^{1,3} or iron-fortified infant formula^{1,4} When developmentally ready⁶: <ul style="list-style-type: none"> 0-½ slice of bread⁸; or 0-2 crackers⁸; or 0-4 Tbsp. iron-fortified infant cereal^{4,8}, ready-to-eat breakfast cereal^{8,9}. 0-2 Tbsp. vegetable/fruit⁷, or combination of both. 			
Meal Type	Meal Component	Age	Day of the Week				
			Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Breastmilk ^{1,3} or iron-fortified infant formula ^{1,4}	0-5 Months	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 ^{4,6,8} or meat/meat alternate	6-11 Months	Cottage cheese	Infant oatmeal cereal	Scrambled eggs	Infant barley cereal	Great Value® Strawberry Banana Yogurt
		Vegetable/Fruit ^{6,7}	Pineapple, crushed	Strawberries, diced	Avocado, mashed	Peaches, peeled and diced	Blueberries, finely chopped
LUNCH/SUPPER	Breastmilk ^{1,3} or iron-fortified infant formula ^{1,4}	0-5 Months	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 ^{4,6,8} or meat/meat alternate	6-11 Months	Ground turkey crumbles	Boneless tilapia, flaked	Smashed black beans	Shredded cheddar cheese	Diced chicken
		Vegetable/Fruit ^{6,7}	Sweet potato, mashed	Butternut squash puree	Mango, diced	Pear puree	Green peas
SNACK	Breastmilk ^{1,3} or iron-fortified infant formula ^{1,4}	0-5 Months	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
	Grain ^{6,8,9}	6-11 Months	Soft pita triangles	WW toast sticks	Cheerios®	WG Goldfish® crackers	Small pieces of rolls
		Vegetable/Fruit ^{6,7}	Green beans, diced	Carrots, steamed and chopped	Applesauce	Broccoli, mashed	Bananas, sliced

**North Carolina Child and Adult Care Food Program
Infant Weekly Menu Planning Tool**

Facility/Center Name:							
Infant Meal Pattern (Each bullet is a required component)	BREAKFAST/LUNCH/SUPPER				SNACK		
	0-5 Months				0-5 Months		
	<ul style="list-style-type: none"> 4-6 fl. oz. Breastmilk^{1,3} or iron fortified infant formula^{1,4} 				<ul style="list-style-type: none"> 4-6 fl. oz. Breastmilk^{1,3} or iron-fortified infant formula^{1,4} 		
	6-11 Months				6-11 Months		
<ul style="list-style-type: none"> 6-8 fl. oz. Breastmilk^{1,3} or iron fortified infant formula^{1,4} When developmentally ready⁶: <ul style="list-style-type: none"> 0-4 Tbsp. iron-fortified infant cereal^{4,8}, 0-4 Tbsp. Meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. of cheese; or 0-4 oz. (volume) of cottage cheese; or 0-4 oz. or ½ cup yogurt⁵; or a combination of the above. 0-2 Tbsp. vegetable/fruit⁷ or a combination or both. 				<ul style="list-style-type: none"> 2-4 fl. oz. Breastmilk^{1,3} or iron-fortified infant formula^{1,4} When developmentally ready⁶: <ul style="list-style-type: none"> 0-½ slice of bread⁸; or 0-2 crackers⁸; or 0-4 Tbsp. iron-fortified infant cereal^{4,8}, ready-to-eat breakfast cereal^{8,9}. 0-2 Tbsp. vegetable/fruit⁷, or combination of both. 			
Meal Type	Meal Component	Age	Day of the Week				
			Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Breastmilk ^{1,3} or iron-fortified infant formula ^{1,4}	0-5 Months	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 ^{4,6,8} or meat/meat alternate	6-11 Months	Hard boiled eggs, mashed	Great Value® Blueberry Yogurt	Infant oatmeal cereal	Pinto beans	Shredded mozzarella
		Vegetable/Fruit ^{6,7}	6-11 Months	Apricot puree	Kiwi, diced	Broccoli, steamed	Roasted orange sweet peppers, mashed
LUNCH/SUPPER	Breastmilk ^{1,3} or iron-fortified infant formula ^{1,4}	0-5 Months	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 ^{4,6,8} or meat/meat alternate	6-11 Months	Baked beans	Ground beef crumbles	Cottage cheese	Tuna salad	Porkchops, finely diced
		Vegetable/Fruit ^{6,7}	6-11 Months	Cauliflower, steamed and mashed	Green beans puree	Apple and pear puree	Grape tomatoes, finely diced
SNACK	Breastmilk ^{1,3} or iron-fortified infant formula ^{1,4}	0-5 Months	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
	Grain ^{6,8,9}	6-11 Months	Toasted English muffin	Kix®	Animal crackers	Infant barley cereal	Bagel slices
		Vegetable/Fruit ^{6,7}	6-11 Months	Prune puree	Pear, blueberry, and spinach blend	Butternut squash puree	Watermelon, finely diced

**North Carolina Child and Adult Care Food Program
Infant Weekly Menu Planning Tool**

Facility/Center Name:							
Infant Meal Pattern (Each bullet is a required component)	BREAKFAST/LUNCH/SUPPER				SNACK		
	0-5 Months				0-5 Months		
	<ul style="list-style-type: none"> 4-6 fl. oz. Breastmilk^{1,3} or iron fortified infant formula^{1,4} 				<ul style="list-style-type: none"> 4-6 fl. oz. Breastmilk^{1,3} or iron-fortified infant formula^{1,4} 		
	6-11 Months				6-11 Months		
<ul style="list-style-type: none"> 6-8 fl. oz. Breastmilk^{1,3} or iron fortified infant formula^{1,4} When developmentally ready⁶: <ul style="list-style-type: none"> 0-4 Tbsp. iron-fortified infant cereal^{4,8}, 0-4 Tbsp. Meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. of cheese; or 0-4 oz. (volume) of cottage cheese; or 0-4 oz. or ½ cup yogurt⁵; or a combination of the above. 0-2 Tbsp. vegetable/fruit⁷ or a combination or both. 				<ul style="list-style-type: none"> 2-4 fl. oz. Breastmilk^{1,3} or iron-fortified infant formula^{1,4} When developmentally ready⁶: <ul style="list-style-type: none"> 0-½ slice of bread⁸; or 0-2 crackers⁸; or 0-4 Tbsp. iron-fortified infant cereal^{4,8}, ready-to-eat breakfast cereal^{8,9}. 0-2 Tbsp. vegetable/fruit⁷, or combination of both. 			
Meal Type	Meal Component	Age	Day of the Week				
			Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Breastmilk ^{1,3} or iron-fortified infant formula ^{1,4}	0-5 Months	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 ^{4,6,8} or meat/meat alternate	6-11 Months	Egg salad	Black beans	Shredded Monterey Jack cheese	Infant barley cereal	Cottage cheese
		Vegetable/Fruit ^{6,7}	Tomatoes, mashed	Peaches puree	Pear, spinach, and pea blend	Red grapes, finely chopped	Blueberries, finely chopped
LUNCH/SUPPER	Breastmilk ^{1,3} or iron-fortified infant formula ^{1,4}	0-5 Months	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 ^{4,6,8} or meat/meat alternate	6-11 Months	Great Value® Cherry yogurt	Chicken and Rice dinner	Salmon	Sliced turkey	Ground beef in marinara sauce
		Vegetable/Fruit ^{6,7}	Strawberries, diced	Carrot puree	Sweet potato, diced and roasted	Mashed potatoes	Spaghetti squash, finely chopped
SNACK	Breastmilk ^{1,3} or iron-fortified infant formula ^{1,4}	0-5 Months	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
	Grain ^{6,8,9}	6-11 Months	Multigrain Cheerios®	Infant oatmeal cereal	WG tortilla strips	WG crackers	Corn bread
		Vegetable/Fruit ^{6,7}	Cantaloupe, finely diced	Apple and spinach blend	Papaya, finely diced	Green pea puree	Banana and pumpkin blend

**North Carolina Child and Adult Care Food Program
Infant Weekly Menu Planning Tool**

Facility/Center Name:							
Infant Meal Pattern (Each bullet is a required component)	BREAKFAST/LUNCH/SUPPER				SNACK		
	0-5 Months				0-5 Months		
	<ul style="list-style-type: none"> 4-6 fl. oz. Breastmilk^{1,3} or iron fortified infant formula^{1,4} 				<ul style="list-style-type: none"> 4-6 fl. oz. Breastmilk^{1,3} or iron-fortified infant formula^{1,4} 		
	6-11 Months				6-11 Months		
<ul style="list-style-type: none"> 6-8 fl. oz. Breastmilk^{1,3} or iron fortified infant formula^{1,4} When developmentally ready⁶: <ul style="list-style-type: none"> 0-4 Tbsp. iron-fortified infant cereal^{4,8}, 0-4 Tbsp. Meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. of cheese; or 0-4 oz. (volume) of cottage cheese; or 0-4 oz. or ½ cup yogurt⁵; or a combination of the above. 0-2 Tbsp. vegetable/fruit⁷ or a combination or both. 				<ul style="list-style-type: none"> 2-4 fl. oz. Breastmilk^{1,3} or iron-fortified infant formula^{1,4} When developmentally ready⁶: <ul style="list-style-type: none"> 0-½ slice of bread⁸; or 0-2 crackers⁸; or 0-4 Tbsp. iron-fortified infant cereal^{4,8}, ready-to-eat breakfast cereal^{8,9}. 0-2 Tbsp. vegetable/fruit⁷, or combination of both. 			
Meal Type	Meal Component	Age	Day of the Week				
			Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Breastmilk ^{1,3} or iron-fortified infant formula ^{1,4}	0-5 Months	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 ^{4,6,8} or meat/meat alternate	6-11 Months	Cottage cheese	Great Value® Orange yogurt	Infant oatmeal cereal	Scrambled eggs	Smashed pinto beans
		Vegetable/Fruit ^{6,7}	Bananas, mashed	Raspberries, mashed	Plum puree	Hash browns, finely chopped	Nectarines, peeled and diced
LUNCH/SUPPER	Breastmilk ^{1,3} or iron-fortified infant formula ^{1,4}	0-5 Months	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 ^{4,6,8} or meat/meat alternate	6-11 Months	Meatloaf	Mashed garbanzo beans	Red lentils	Shredded Colby cheese	Boiled shrimp
		Vegetable/Fruit ^{6,7}	Green peas, steamed	Roasted red peppers, diced	Yellow squash, chopped	Baked apples, diced	Collards, finely chopped
SNACK	Breastmilk ^{1,3} or iron-fortified infant formula ^{1,4}	0-5 Months	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
	Grain ^{6,8,9}	6-11 Months	Wheat Chex®	WG crackers	Mini WG rice cakes	Berry Berry Kix®	Small pieces of bread
		Vegetable/Fruit ^{6,7}	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

**North Carolina Child and Adult Care Food Program
Infant Weekly Menu Planning Tool**

Directions

Enter center/facility name and the corresponding date for each day of the week.

The Infant Weekly Menu Planning Tool may be used by your child care center to assist with meeting the CACFP meal pattern requirements for each meal type. For best use, choose the appropriate food for each row in the table for each day of the week each meal service. Infants must be breastfed on site, provided with expressed breastmilk, or provided iron-fortified infant formula. Follow the superscript, to adhere to all meal pattern requirements.

¹**Breastmilk or iron-fortified infant formula:** 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.

²**Breastfeeding On-Site:** In lieu of providing expressed breastmilk, a breastfeeding mother can breastfeed their infant on-site as part of a reimbursable meal. The child care center must document that the infant was breastfed, but documentation of duration and amount is not required.

³**Breastmilk Serving Size:** For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount may be offered, with additional breastmilk offered later if the infant will consume more.

⁴**Iron-Fortified Infant Formula:** Iron-Fortified infant cereal may NOT be offered in a bottle.

⁵**Yogurt:** Yogurt must contain no more than 23 grams of total sugars per 6 oz.

⁶**Introduction of Solids:** A serving of solid foods in each component is required when the infant is developmentally ready to accept it. See the NC CACFP *Infant Feeding Consent Form* for guidance.

⁷**Juice:** Vegetable/Fruit juices must not be served

⁸**Grains:** grains must be whole grain rich, enriched meal, or enriched flour.

⁹**Breakfast cereal:** Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

Breastfeeding Benefits North Carolina: North Carolina CACFP is committed to encouraging and supporting breastfeeding. There are numerous benefits to breastfeeding and the AAP recommends breastmilk as the optional source of nutrients through the first year of life and beyond. Infants who are breastfed have a lower risk of respiratory infections, diarrhea, pneumonia, and ear infections, as well as later asthma, sudden infant death syndrome, obesity, etc. To strengthen CACFP's support and encouragement of breastfeeding, the updated meal pattern allows providers to be reimbursed for meals when the mother directly breastfeeds her infant at the center of day care home.