

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 exhaustive.

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, [click here](#).

**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/meatalternate
 - 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.

**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 or iron-fortified infant formula 				<ul style="list-style-type: none"> 4-6 fl. oz. Breastmilk or iron-fortified infant formula 		
	6-11 Months				6-11 Months		
<ul style="list-style-type: none"> 6-8 fl. oz. Breastmilk or iron-fortified infant formula When developmentally ready: <ul style="list-style-type: none"> 0-4 Tbsp. iron-fortified infant cereal, 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 yogurt; or a combination of the above. 0-2 Tbsp. vegetable/fruit or a combination of both. 				<ul style="list-style-type: none"> 2-4 fl. oz. Breastmilk or iron-fortified infant formula When developmentally ready: <ul style="list-style-type: none"> 0-½ slice of bread; or 0-2 crackers; or 0-4 Tbsp. iron-fortified infant cereal, ready-to-eat breakfast cereal. 0-2 Tbsp. vegetable/fruit or combination of both. 			
Meal Type	Meal Component	Age	Day of the Week				
			Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Breastmilk or iron-fortified infant formula	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
		6-11 Months	IF Infant Cereal	Cottage Cheese	IF Infant Cereal	IF Infant Cereal	Yogurt
	Iron-Fortified infant cereal or meat/meat alternate	6-11 Months	Bananas	Peaches	Mandarin Oranges	Plums	Apricot
	Vegetable/Fruit						
LUNCH/SUPPER	Breastmilk or iron-fortified infant formula	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
		6-11 Months	Chicken	Eggs	Black Beans	Turkey	IF Infant Cereal
	Iron-Fortified infant cereal or meat/meat alternate	6-11 Months	Applesauce	Spinach	Carrots	Peas	Banana Blueberry
	Vegetable/Fruit						
SNACK	Breastmilk or iron-fortified infant formula	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
		6-11 Months	Cheerios	Goldfish	Crackers	Graham Crackers	Enriched Puffs
	Grain	6-11 Months	Sweet Potatoes	Apple Blueberry	Green Beans	Bananas	Peas
	Vegetable/Fruit						