

Infant Menu

CACFP Agreement Number



Institution Name:

Month and Year:

Food Group	Required Minimum Serving Sizes ¹		Date:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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						
			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						
			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						
			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.							

¹A 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.

²Breastmilk 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.

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

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

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

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