

**Child and Adult Care Food Program (CACFP) • Infant Weekly Menu Form 1 (Five Days)**

Infant's Name: \_\_\_\_\_ Age: \_\_\_\_\_

*This form expires on September 30, 2017. The new CACFP infant meal pattern required by the USDA final rule takes effect on October 1, 2017.*

	<b>0 through 3 months</b>	<b>4 through 7 months</b>	<b>8 through 11 months</b>	Monday /	Tuesday /	Wednesday /	Thursday /	Friday /
<b>Breakfast</b>	4-6 fluid ounces (fl. oz.) breast milk <sup>1,2</sup> or IFIF <sup>3,4</sup>	4-8 fl. fl. oz. breast milk <sup>1,2</sup> or IFIF <sup>3,5</sup>	6-8 fl. fl. oz. breast milk <sup>1,2</sup> or IFIF <sup>3,8</sup>					
		0-3 Tbsp. iron-fortified dry infant cereal <i>(optional until developmentally ready)</i> <sup>6,7</sup>	2-4 Tbsp. iron-fortified dry infant cereal <sup>7,8</sup>					
			1-4 Tbsp. fruit/vegetable <sup>8</sup>					
<b>AM Snack</b>	4-6 fl. oz. breast milk <sup>1,2</sup> or IFIF <sup>3,4</sup>	4-6 fl. oz. breast milk <sup>1,2</sup> or IFIF <sup>3,5</sup>	2-4 fl. oz. breast milk <sup>1,2</sup> or IFIF <sup>3,5</sup> or fruit juice <sup>9</sup>					
			0-½ slice bread or 0-2 crackers <sup>10</sup> <i>(optional until developmentally ready)</i> <sup>6</sup>					
<b>Lunch</b>	4-6 fl. oz. breast milk <sup>1,2</sup> or IFIF <sup>3,4</sup>	4-8 fl. oz. breast milk <sup>1,2</sup> or IFIF <sup>3,4</sup>	6-8 fl. oz. breast milk <sup>1,2</sup> or IFIF <sup>3,7</sup>					
		0-3 Tbsp. iron-fortified dry infant cereal <i>(optional until developmentally ready)</i> <sup>6,7</sup>	2-4 Tbsp. iron-fortified dry infant cereal <sup>7,8</sup> and/or 1-4 Tbsp. meat/meat alternate <sup>8,11</sup>					
		0-3 Tbsp. fruit/vegetable <i>(optional until developmentally ready)</i> <sup>6</sup>	1-4 Tbsp. fruit/vegetable <sup>8</sup>					
<b>PM Snack</b>	4-6 fl. oz. breast milk <sup>1,2</sup> or IFIF <sup>3,4</sup>	4-6 fl. oz. breast milk <sup>1,2</sup> or IFIF <sup>3,5</sup>	2-4 fl. oz. breast milk <sup>1,2</sup> or IFIF <sup>3,5</sup> or fruit juice <sup>9</sup>					
			0-½ slice bread or 0-2 crackers <sup>10</sup> <i>(optional until developmentally ready)</i> <sup>6</sup>					
<b>Supper</b>	4-6 fl. oz. breast milk <sup>1,2</sup> or IFIF <sup>3,4</sup>	4-8 fl. oz. breast milk <sup>1,2</sup> or IFIF <sup>3,4</sup>	6-8 fl. oz. breast milk <sup>1,2</sup> or IFIF <sup>3,7</sup>					
		0-3 Tbsp. iron-fortified dry infant cereal <i>(optional until developmentally ready)</i> <sup>6,7</sup>	2-4 Tbsp. iron-fortified dry infant cereal <sup>7,8</sup> and/or 1-4 Tbsp. meat/meat alternate <sup>8,11</sup>					
		0-3 Tbsp. fruit/vegetable <i>(optional until developmentally ready)</i> <sup>6</sup>	1-4 Tbsp. fruit/vegetable <sup>8</sup>					

◀ See back for important menu planning notes ▶



For more information on feeding infants, see the [Feeding Infants](#) section of the CSDE's Nutrition Policies and Guidance Web page. For more information on the CACFP, visit the CSDE's [CACFP](#) Web site or contact the [CACFP staff](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

*This document is available in PDF at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/infants/infantmf1.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/infants/infantmf1.pdf) and Word at [www.sde.ct.gov/sde/lib/sde/word\\_docs/deps/nutrition/cacfp/infants/infantmf1.doc](http://www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/infants/infantmf1.doc).*

## CACFP Infant Weekly Menu Form 1 (Five Days)

### MENU PLANNING NOTES

- <sup>1</sup> Breast milk or formula or portions of both may be served. The USDA recommends serving breast milk in place of formula from birth through 11 months.
- <sup>2</sup> Breastfed infants who regularly consume less than the minimum amount of breast milk per feeding may be offered less, with additional breast milk offered if the infant is still hungry.
- <sup>3</sup> IFIF = Iron Fortified Infant Formula. Infant formula must be iron fortified and meet the CACFP requirements. For more information, see “Allowable Infant Formulas” in the CSDE’s *Feeding Infants in CACFP Child Care Programs*.
- <sup>4</sup> Either the CACFP facility or parent/guardian must provide formula. Reimbursement may be claimed for meals containing parent-provided formula as the only component if the CACFP facility feeds the infant the meal.
- <sup>5</sup> Either the CACFP facility or parent/guardian must provide formula. Reimbursement may be claimed for meals containing parent-provided formula as the only component if the infant is not developmentally ready for the optional meal components, and the CACFP facility feeds the infant the meal.
- <sup>6</sup> Optional components become required and must be served by the CACFP facility when the infant is developmentally ready and the parent/guardian requests them. Reimbursement may be claimed for meals containing parent-provided components when the CACFP facility provides (pays for) at least one component, and a complete meal (all components the infant is developmentally ready to accept) is supplied between the parents and CACFP facility.
- <sup>7</sup> Only iron-fortified dry infant cereal credits as a meal component in the CACFP infant meal pattern. Ready-to-eat cold dry breakfast cereals and cooked breakfast cereals are not creditable, but can be fed as additional foods to older babies (at least 8 months) if the parent/guardian requests them. All other required components must also be served.
- <sup>8</sup> For ages 8-11 months, reimbursement may be claimed for meals containing parent-provided components when the CACFP facility provides (pays for) at least one component, and a complete meal (all components the infant is developmentally ready to accept) is supplied between the parents and CACFP facility.
- <sup>9</sup> Full-strength 100 percent fruit juice must be served. No other juices or juice drinks are creditable.
- <sup>10</sup> Bread and crackers must be made from whole-grain or enriched flour or meal.
- <sup>11</sup> Meat and meat alternates include 1-4 tablespoons of meat, fish, poultry, egg yolk, or cooked dried beans or peas; ½-2 ounces of cheese; 1/8-½ cup of cottage cheese; and 1-4 ounces of cheese food or cheese spread.

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- <sup>(1)</sup> mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- <sup>(2)</sup> fax: (202) 690-7442; or
- <sup>(3)</sup> email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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