



1315 Main Street, Suite 2
Willimantic, CT 06226

Provider's Name: _____ Month: _____

Child and Adult Care Food Program (CACFP)

Infant Menu Form 1 for New CACFP Infant Meal Pattern (Five-day Week) ¹

Infant's Name: _____ Age: _____

This form includes the new CACFP infant meal pattern requirements of the USDA final rule, effective June 1, 2017, through September 30, 2019. See page 2 for important menu planning notes.

	0 through 5 months	6 through 11 months	Monday /	Tuesday /	Wednesday /	Thursday /	Friday /
Breakfast	4-6 fluid ounces (fl oz) of breast milk ² or iron-fortified infant formula (IFIF) ³	6-8 fluid ounces of breast milk ² or IFIF ^{3,4}					
		0-4 tablespoons of iron-fortified dry infant cereal ⁵ , meat, fish, poultry, whole egg, or cooked dry beans or peas; or 0-2 ounces of cheese; or 0-½ cup of cottage cheese; or 0-4 ounces (½ cup) of yogurt ⁶ ; or any combination ⁷					
		0-2 tablespoons of vegetable, fruit, or combination ^{7,8}					
AM Snack	4-6 fl. oz. breast milk ^{1,2} or IFIF ^{3,4}	2-4 fluid ounces of breast milk ² IFIF ^{3,4}					
		0-½ slice of bread ⁵ ; or 0-2 crackers ⁵ ; or 0-4 tablespoons of iron-fortified infant cereal ⁵ or ready-to eat breakfast cereal, including cold dry cereal and hot cereals (instant and regular) ^{5,6,7}					
		0-2 tablespoons of vegetable, fruit, or combination ^{7,8}					
Lunch	4-6 fl. oz. breast milk ^{1,2} or IFIF ^{3,4}	6-8 fluid ounces of breast milk ² or IFIF ^{3,4}					
		0-4 tablespoons of iron-fortified dry infant cereal ⁵ , meat, fish, poultry, whole egg, or cooked dry beans or peas; or 0-2 ounces of cheese; or 0-½ cup of cottage cheese; or 0-4 ounces (½ cup) of yogurt ⁶ ; or any combination ⁷					
		0-2 tablespoons of vegetable, fruit, or combination ^{7,8}					
PM Snack	4-6 fl. oz. breast milk ^{1,2} or IFIF ^{3,4}	2-4 fluid ounces of breast milk ² IFIF ^{3,4}					
		0-½ slice of bread ⁵ ; or 0-2 crackers ⁵ ; or 0-4 tablespoons of iron-fortified infant cereal ⁵ or ready-to eat breakfast cereal, including cold dry cereal and hot cereals (instant and regular) ^{5,6,7}					
		0-2 tablespoons of vegetable, fruit, or combination ^{7,8}					
Supper	4-6 fl. oz. breast milk ^{1,2} or IFIF ^{3,4}	6-8 fluid ounces of breast milk ² or IFIF ^{3,4}					
		0-4 tablespoons of iron-fortified dry infant cereal ⁵ , meat, fish, poultry, whole egg, or cooked dry beans or peas; or 0-2 ounces of cheese; or 0-½ cup of cottage cheese; or 0-4 ounces (½ cup) of yogurt ⁶ ; or any combination ⁷					
		0-2 tablespoons of vegetable, fruit, or combination ^{7,8}					