



**Ages 0 - 5 Months**

**CACFP - INFANT MENU**

**BREAKFAST / LUNCH or SUPPER / SNACKS**

4 - 6 fl oz of Breastmilk or Formula



**Ages 6 - 11 Months**

**BREAKFAST / LUNCH / SUPPER (3 ITEMS)**

4 - 6 fl oz of Breastmilk  
or Formula

4 Tbsp infant cereal, meat fish,  
poultry, whole egg, cooked dry beans  
or peas  
2 oz (Weight) cheese  
4 oz (volume) cottage cheese or yogurt

2 Tbsp vegetable, fruit  
or both\*

**SNACKS (3 ITEMS)**

2 - 4 fl oz of Breastmilk  
or Formula

4 Tbsp Infant Cereal  
4 Tbsp Ready-To-Eat-Cereal  
1/2 oz equivalent - Grain\*

2 Tbsp vegetable, fruit  
or both\*

\*see - "Ounce Equivalent Servings - Grains - Infants" in Crisp Resources