

# CACFP Weekly Menu

MEAL	COMPONENT	0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
LUNCH	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Bread	x	0-1/2 slice					
	Cracker	x	0-2					
	Infant or RTE Cereal	x	0-4 tbsp					
	Vegetable/Fruit/Both	x	0-2 tbsp					



One 8 oz. glass of water per year of age until 8 years old.



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LUNCH	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Bread	x	0-1/2 slice					
	Cracker	x	0-2					
	Infant or RTE Cereal	x	0-4 tbsp					
	Vegetable/Fruit/Both	x	0-2 tbsp					
SUPPER	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					



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AM SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Bread	x	0-1/2 slice					
	Cracker	x	0-2					
	Infant or RTE Cereal	x	0-4 tbsp					
	Vegetable/Fruit/Both	x	0-2 tbsp					
LUNCH	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
PM SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Bread	x	0-1/2 slice					
	Cracker	x	0-2					
	Infant or RTE Cereal	x	0-4 tbsp					
	Vegetable/Fruit/Both	x	0-2 tbsp					

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	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
LUNCH	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
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	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
SUPPER	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
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