

CACFP MENU PLANNER: INFANTS

FACILITY NAME: **Kids Care Academy**

Week of: **September 25th**

INFANTS BIRTH THROUGH 5 MONTHS:										
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size
BREAKFAST	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz
AM SNACK	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz
LUNCH	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz
PM SNACK	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz

INFANTS 6 MONTHS THROUGH 11 MONTHS OR WHEN DEVELOPMENTALLY READY:										
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size
AM SNACK Breastmilk/formula Fruit/vegetable Infant cereal and/or meat/meat alt.	Formula or Breast Milk Mixed fruit Infant Cereal	6-8oz 0-2 tbsp. 0-4 tbsp.	Formula or Breast Milk Blueberries Infant Cereal	6-8oz 0-2 tbsp. 0-4 tbsp.	Formula or Breast Milk Mixed fruit Infant Cereal	6-8oz 0-2 tbsp. 0-4 tbsp.	Formula or Breast Milk Pears Infant Cereal	6-8oz 0-2 tbsp. 0-4 tbsp.	Formula or Breast Milk Bananas Infant Cereal	6-8oz 0-2 tbsp. 0-4 tbsp.
BREAKFAST Breastmilk/formula Fruit/vegetable Grain (bread, cracker, infant cereal or ready to eat cereal)	Formula or Breast Milk peaches French Toast Sticks	6-8oz 0-2 tbsp. 0-4 tbsp.	Formula or Breast Milk Pears Biscuits	6-8oz 0-2 tbsp. 0-4 tbsp.	Formula or Breast Milk Mixed Fruit Muffins	6-8oz 0-2 tbsp. 0-4 tbsp.	Formula or Breast Milk Cantaloupe Bagels	6-8oz 0-2 tbsp. 0-4 tbsp.	Formula or Breast Milk Honey Dew Waffles	6-8oz 0-2 tbsp. 0-4 tbsp.
LUNCH Breastmilk/formula Fruit/vegetable Infant cereal and/or meat/meat alt.	Formula or Breast Milk Peas Ground Beef	6-8oz 0-2 tbsp. 0-4 tbsp.	Formula or Breast Milk Applesauce Ground Beef	6-8oz 0-2 tbsp. 0-4 tbsp.	Formula or Breast Milk Peaches Ground Beef	6-8oz 0-2 tbsp. 0-4 tbsp.	Formula or Breast Milk Green Beans chicken	6-8oz 0-2 tbsp. 0-4 tbsp.	Formula or Breast Milk Mixed Veggies Chicken	6-8oz 0-2 tbsp. 0-4 tbsp.
PM SNACK Breastmilk/formula Fruit/vegetable Grain (bread, cracker, infant cereal or ready to eat cereal)	Formula or Breast Milk Bananas Animal Cracker	6-8oz 0-2 tbsp. 0-4 tbsp.	Formula or Breast Milk Mixed Fruit Saltines	6-8oz 0-2 tbsp. 0-4 tbsp.	Formula or Breast Milk Blueberries Graham Crackers	6-8oz 0-2 tbsp. 0-4 tbsp.	Formula or Breast Milk Blackberries Wafers	6-8oz 0-2 tbsp. 0-4 tbsp.	Formula or Breast Milk Goldfish Mixed Fruit	6-8oz 0-2 tbsp. 0-4 tbsp.