

DATE: \_\_\_\_\_ TO: \_\_\_\_\_

## INFANT WEEKLY MENU

	<b>BREAKFAST / LUNCH / SUPPER</b>			<b>AM / PM SNACK</b>	
<b>INFANT MEAL PATTERN CHART</b> <i>(each bullet point is a required component)</i>	0-5 months: <ul style="list-style-type: none"> <li>• 4-6 FL- oz breastmilk<sup>1</sup> or formula<sup>2</sup></li> </ul> 6-11 months: <ul style="list-style-type: none"> <li>• 6-8 FL- oz breastmilk<sup>1</sup> or formula<sup>2</sup>; and</li> <li>• 0-4 TBSP infant cereal<sup>2,3</sup>, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 oz of cheese; or 0-4 oz (volume) of cottage cheese; or 0-8 oz or 1 cup of yogurt<sup>4</sup>; or a combination of the above<sup>5</sup>; and</li> <li>• 0-2 TBSP vegetable or fruit or a combination of both<sup>5,6</sup></li> </ul>			0-5 months: <ul style="list-style-type: none"> <li>• 4-6 FL- oz breastmilk<sup>1</sup> or formula<sup>2</sup></li> </ul> 6-11 months: <ul style="list-style-type: none"> <li>• 2-4 FL-oz breastmilk or formula; and</li> <li>• 0-1/2 slice bread or 0-2 crackers or 0-4 TBSP infant cereal or ready-to-eat breakfast cereal<sup>5</sup>; and</li> <li>• 0-2 TBSP vegetable or fruit or a combination of both<sup>5,6,7</sup></li> </ul>	
<b>BREAKFAST</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
0-5 MONTHS					
6-11 MONTHS					
<b>AM SNACK</b>					
0-5 MONTHS					
6-11 MONTHS					
<b>LUNCH</b>					
0-5 MONTHS					
6-11 MONTHS					
<b>PM SNACK</b>					
0-5 MONTHS					
6-11 MONTHS					
<b>SUPPER</b>					
0-5 MONTHS					
6-11 MONTHS					

## Breakfast

<sup>1</sup>Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more. <sup>2</sup> Infant formula and dry infant cereal must be iron-fortified. <sup>3</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains. <sup>4</sup> Yogurt must contain no more than 23 grams of total sugars per 6 oz. <sup>5</sup> A serving of this component is required when the infant is developmentally ready to accept it. <sup>6</sup> Fruit and vegetable juices must not be served.

## Lunch/supper

<sup>1</sup> Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more. <sup>2</sup> Infant formula and dry infant cereal must be iron-fortified. <sup>3</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

<sup>4</sup> Yogurt must contain no more than 23 grams of total sugars per 6 oz. <sup>5</sup> A serving of this component is required when the infant is developmentally ready to accept it. <sup>6</sup> Fruit and vegetable juices must not be served.

## Snack

<sup>1</sup> Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more. <sup>2</sup> Infant formula and dry infant cereal must be iron-fortified. <sup>3</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains. <sup>4</sup> A serving of grains must be whole grain-rich, enriched meal, or enriched flour. <sup>5</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal). <sup>6</sup> A serving of this component is required when the infant is developmentally ready to accept it. <sup>7</sup> Fruit and vegetable juices must not be served.

### **Encourage and Support Breastfeeding:**

Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant; and Only breastmilk and infant formula are served to infants 0 through 5 month olds.

### **Developmentally Appropriate Meals:**

Two age groups, instead of three: 0 through 5 month olds and 6 through 11 month olds; and Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.

### **More Nutritious Meals:**

Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old; No longer allows juice or cheese food or cheese spread to be served; and Allows ready-to-eat cereals at snack.

**USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. The changes to the infant meal pattern support breastfeeding and the consumption of vegetables and fruit without added sugars. These changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and stakeholder input. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.**