

Infant Meal Planning Guide for 6 through 11 Months

Week of: August 17-21

Name: _____ A Kid's World CACFP Infant Menu

Meal Component	Min. Serving Size	Day of Week				
	6 through 11 mo.	Monday	Tuesday	Wednesday	Thursday	Friday
Breast Milk/ Gerber Good Start						
Breast Milk or Formula*	6-8 fl. oz.†	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start
Fruit/Vegetable**	1-4 tbsp.	Applesauce	Oranges	Banana	Mango	Berry Blend
Infant Cereal*	2-4 tbsp.	WG Croissant	WG Blueberry Pancake	WG French Toast Stick	WG Gerber Good start Cereal	WG Apple Muffin
Lunch/Supper						
Breast Milk or Formula*	6-8 fl. oz.†	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start
Fruit/Vegetable**	1-4 tbsp.	Pears	Peaches	Broccoli	Apples	Banana
Infant Cereal*	2-4 tbsp.	WG Gerber Good start Cereal	WG Gerber Good start Cereal	WG Gerber Good start Cereal	WG Gerber Good start Cereal	WG Gerber Good start Cereal
Meat/Alternate§ <ul style="list-style-type: none"> • Meat, Poultry, Fish, Egg Yolk, Cooked Dry Beans or Peas • Cheese • Cottage Cheese 	<ul style="list-style-type: none"> • 1-4 tbsp. • ½-2 oz. • 1-4 oz. 	Ham	Turkey	Chicken	Beef	Turkey
PM Snack						
Breast Milk or Formula*	2-4 fl. oz. †	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start	Breast Milk/ Gerber Good Start
Fruit/ Vegetable	1-4 tbsp	Carrot	Pear	Avocado	Chickpea Hummus	Mango
Bread/Cracker	0-½ slice, or 0-2 crackers	Lil Crunchies	Teether Wheels	WG Toast	Pita Crackers	Sweet Potato Puffs

* Infant formula and infant cereal must be iron-fortified.

† Breast milk or formula, or portions of both, may be served. It is recommended that breast milk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.

** A developmentally appropriate consistency is provided (pureed, mashed, chopped, etc.).

§ At lunch/supper, either infant cereal OR meat/alternate, or both, may be served.