

Facility/Center Name: A Kid's World January 11-15

Infant Meal Pattern (Each bullet is a <b>required</b> component)	<b>BREAKFAST/LUNCH/SUPPER</b>	<b>SNACK</b>
	<ul style="list-style-type: none"> <li>4-6 fl. oz. Breastmilk<sup>1,3</sup> or iron fortified infant formula<sup>1,4</sup></li> </ul>	<ul style="list-style-type: none"> <li>4-6 fl. oz. Breastmilk<sup>1,3</sup> or iron-fortified infant formula<sup>1,4</sup></li> </ul>
	<ul style="list-style-type: none"> <li>6-8 fl. oz. Breastmilk<sup>1,3</sup> or iron fortified infant formula<sup>1,4</sup></li> <li>When developmentally ready<sup>6</sup>:               <ul style="list-style-type: none"> <li>0-4 Tbsp. iron-fortified infant cereal<sup>4,8</sup>, 0-4 Tbsp. Meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. of cheese; or 0-4 oz. (volume) of cottage cheese; or 0-4 oz. or ½ cup yogurt<sup>5</sup>; or a combination of the above.</li> <li>0-2 Tbsp. vegetable/fruit<sup>7</sup> or a combination of both.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>2-4 fl. oz. Breastmilk<sup>1,3</sup> or iron-fortified infant formula<sup>1,4</sup></li> <li>When developmentally ready<sup>6</sup>:               <ul style="list-style-type: none"> <li>0-½ slice of bread<sup>8</sup>; or 0-2 crackers<sup>8</sup>; or 0-4 Tbsp. iron-fortified infant cereal<sup>4,8</sup>, ready-to-eat breakfast cereal<sup>8,9</sup>.</li> <li>0-2 Tbsp. vegetable/fruit<sup>7</sup>, or combination of both.</li> </ul> </li> </ul>

Meal Type	Meal Component	Age	Day of the Week				
			Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Breastmilk <sup>1,3</sup> or iron-fortified infant formula <sup>1,4</sup>	0-5 Months 6-11 Months	Breastmilk or Iron-fortified infant formula	Breastmilk or Iron-fortified infant	Breastmilk or Iron-fortified infant formula	Breastmilk or Iron-fortified infant formula	Breastmilk or Iron-fortified infant formula
	Iron-Fortified infant cereal <sup>4,6,8</sup> or meat/meat alternate	6-11 Months	Gerber goodstart WG Cereal	Gerber Goodstart Cereal			
	Vegetable/Fruit <sup>6,7</sup>		Applesauce	Pineapple	Diced Strawberries	Peaches	Banana
LUNCH/SUPPER	Breastmilk <sup>1,3</sup> or iron-fortified infant formula <sup>1,4</sup>	0-5 Months 6-11 Months	Breastmilk or Iron-fortified infant formula				
	Iron-Fortified infant cereal <sup>4,6,8</sup> or meat/meat alternate	6-11 Months	Gerber goodstart WG Cereal	Gerber goodstart Cereal			
	Vegetable/Fruit <sup>6,7</sup>		Minestrone soup	Brussel sprouts	Green beans	Tomato soup	corn
SNACK	Breastmilk <sup>1,3</sup> or iron-fortified infant formula <sup>1,4</sup>	0-5 Months 6-11 Months	Breastmilk or Iron-fortified infant formula				
	Grain <sup>6,8,9</sup>	6-11 Months	Gerber Arrowroot	Gerber Puffs	Banana Bread		Teething whe

			cookies			Gerber Puffs	
	Vegetable/Fruit <sup>6,7</sup>		Apples	Pear	Blackberry/blueberry/raspberry	Banana	Mango

### Directions

Enter center/facility name and the corresponding date for each day of the week.

The Infant Weekly Menu Planning Tool may be used by your child care center to assist with meeting the CACFP meal pattern requirements for each meal type. For best use, choose the appropriate food for each row in the table for each day of the week each meal service. Infants must be breastfed on site, provided with expressed breastmilk, or provided iron-fortified infant formula. Follow the superscript, to adhere to all meal pattern requirements.

<sup>1</sup>**Breastmilk or iron-fortified infant formula:** Breastmilk or iron-fortified infant formula, or portions of both, must be served; it is recommended that breastmilk be served in place of iron-fortified infant formula from birth through 11 months.

<sup>2</sup>**Breastfeeding On-Site:** In lieu of providing expressed breastmilk, a breastfeeding mother can breastfeed their infant on-site as part of a reimbursable meal. The child care center must document that the infant was breastfed, but documentation of duration and amount is not required.

<sup>3</sup>**Breastmilk Serving Size:** For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount may be offered, with additional breastmilk offered later if the infant will consume more.

<sup>4</sup>**Iron-Fortified Infant Formula:** Iron-Fortified infant cereal may NOT be offered in a bottle.

<sup>5</sup>**Yogurt:** Yogurt must contain no more than 23 grams of total sugars per 6 oz.

<sup>6</sup>**Introduction of Solids:** A serving of solid foods in each component is required when the infant is developmentally ready to accept it. See the NC CACFP *Provision of Breastmilk or Infant Formula and Solid Foods* form for guidance.

<sup>7</sup>**Juice:** Vegetable/Fruit juices must not be served

<sup>8</sup>**Grains:** grains must be whole grain rich, enriched meal, or enriched flour.

<sup>9</sup>**Breakfast cereal:** 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).