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| **FACILITY NAME: Child Care Resources – Sample Facility** | | | | | **WEEK OF: Sample Monthly Cycle Menu - Week 4** | | |
| **MEAL PATTERN** | | | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | 6-8 fl oz | Breastmilk or formula | Iron-fortified formula  Infant peaches  Infant rice cereal | Iron-fortified formula  Infant apples  Infant oatmeal cereal | Iron-fortified formula  Infant pears  Infant multigrain cereal | Iron-fortified formula  Infant bananas  Infant rice cereal | Iron-fortified formula  Infant peaches  Infant oatmeal cereal |
| 0-2 Tbsp | Fruit/vegetable |
| 0-4 Tbsp  0-½ cup  0-2 oz | Infant cereal, meat, fish, poultry, egg, cooked legumes, *or*  Yogurt or cottage cheese, *or*  Cheese |
| **AM SNACK** | 2-4 fl oz | Breastmilk or formula | Not applicable | Not applicable | Not applicable | Not applicable | Not applicable |
| 0-2 Tbsp | Fruit and/or vegetable |
| 0–4 Tbsp  0-½ oz eq  0-¼ oz eq  0-¼ oz eq | Infant cereal, *or*  Bread/bread-like item; *or*  Ready-to-eat cereal, *or*  Crackers |
| **LUNCH** | 6-8 fl oz | Breastmilk or formula | Iron-fortified formula  Infant sweet potato  Infant turkey | Iron-fortified formula  Infant carrots  Infant chicken | Iron-fortified formula  Infant green beans  Infant beef | Iron-fortified formula  Infant peas  Infant turney | Iron-fortified formula  Infant squash  Infant chicken |
| 0-2 Tbsp | Fruit/vegetable |
| 0-4 Tbsp  0-½ cup  0-2 oz | Infant cereal, meat, fish, poultry, egg, cooked legumes, *or*  Yogurt or cottage cheese, *or*  Cheese |
| **PM SNACK** | 2-4 fl oz | Breastmilk or formula | Iron-fortified formula  Infant peaches  Unsalted crackers | Iron-fortified formula  Infant apples  Unsalted crackers | Iron-fortified formula  Infant pears  Unsalted crackers | Iron-fortified formula  Infant bananas  Unsalted crackers | Iron-fortified formula  Infant peaches  Unsalted crackers |
| 0-2 Tbsp | Fruit and/or vegetable |
| 0–4 Tbsp  0-½ oz eq  0-¼ oz eq  0-¼ oz eq | Infant cereal, *or*  Bread/bread-like item; *or*  Ready-to-eat cereal, *or*  Crackers |
| **SUPPER** | 6-8 fl oz | Breastmilk or formula | Iron-fortified formula  Infant sweet potato  Infant multigrain cereal | Iron-fortified formula  Infant carrots  Infant rice cereal | Iron-fortified formula  Infant green beans  Infant oatmeal cereal | Iron-fortified formula  Infant peas  Infant multigrain cereal | Iron-fortified formula  Infant squassh  Infant rice cereal |
| 0-2 Tbsp | Fruit/vegetable |
| 0-4 Tbsp  0-½ cup  0-2 oz | Infant cereal, meat, fish, poultry, egg, cooked legumes, *or*  Yogurt or cottage cheese, *or*  Cheese |

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| **INFANT MEAL PATTERN** | | | |
| **AGE** | **BREAKFAST** | **LUNCH or SUPPER** | **SNACK** |
| **Birth through 5 months** | * 4-6 fl. oz breastmilk or formula | * 4-6 fl. oz breastmilk or formula | * 4-6 fl. oz breastmilk or formula |
| **6 through 11 months** | * 6-8 fl. oz breastmilk or formula; **and** * 0-½ oz eq. (0-4 Tbsp) infant cereal, **or**   0-4 Tbsp meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; **or**  0-2 oz of cheese; **or**  0-½ cup of cottage cheese; **or**  0-4 oz or ½ cup of yogurt; **or** a combination of these;\* **and**   * 0-2 Tbsp vegetable, fruit, or combination of both\* | * 6-8 fl. oz breastmilk or formula; **and** * 0-½ oz eq. (0-4 Tbsp) infant cereal, **or**   0-4 Tbsp meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; **or**  0-2 oz of cheese; **or**  0-½ cup of cottage cheese; **or**  0-4 oz or ½ cup of yogurt; **or** a combination of these;\* **and**   * 0-2 Tbsp vegetable, fruit, or combination of both\* | * 2-4 fl. oz breastmilk or formula; **and** * 0-½ oz eq. (0-4 Tbsp) infant cereal; **or**   0-½ oz eq. bread/bread-like items, **or**  0-¼ oz eq. crackers; **or**  0-¼ oz eq. ready-to-eat (RTE) cereal;\* **and**   * 0-2 Tbsp vegetable, fruit, or combination of both\* |

\*A serving of this component is required when the infant is ready to accept it, which is around 6 months of age. See [USDA’s Feeding Infants in the Child and Adult Care Food Program](https://www.fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program) guide for information about when a baby is developmentally ready for solid foods.

**Breastmilk/Infant Formula**

* 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.
* Infant formula must be iron-fortified.

**Fruit/Vegetable (or a combination of both)**

* Fruit and vegetable juices must not be served.

**Grain**

* Infant cereal must be iron-fortified.
* Ready-to-eat (RTE) breakfast cereals may be offered at snack, must be fortified, and must not contain more than 6 grams of sugar per dry ounce.
* All grains served must be enriched, fortified, or whole grain-rich.
* For more information on crediting different types of grains for infants, see USDA’s [Feeding Infants Using Ounce Equivalents for Grains in the Child and Adult Care Food Program](https://www.fns.usda.gov/tn/feeding-infants-using-ounce-equivalents-grains-cacfp).

**Meat/Meat Alternate**

* Meat, fish, poultry, whole egg, cooked dry beans and dry peas (legumes), cheese, cottage cheese, yogurt, or combination of these items may be served.
* Yogurt must contain no more than 23 grams of total sugar per 6 ounces.