




# Catholic Charities Child & Adult Care Food Program Infant Menu

<i>Age of Baby</i>	<i>Breakfast</i>	<i>Lunch and Supper</i>	<i>Snack</i>
Birth through 3 months 	4-6 fluid ounces (fl oz) breast milk <sup>1,2</sup> or formula <sup>3</sup>	4-6 fl oz breast milk <sup>1,2</sup> or formula <sup>3</sup>	4-6 fl oz breast milk <sup>1,2</sup> or formula <sup>3</sup>
4 months through 7 months 	4-8 fl oz breast milk <sup>1,2</sup> or formula <sup>3</sup> 0-3 Tbsp. Infant cereal <sup>3,4</sup>	4-8 fl oz breast milk <sup>1,2</sup> or formula <sup>3</sup> 0-3 Tbsp. Infant cereal <sup>3,4</sup>  0-3 Tbsp. fruit and/or vegetable <sup>4</sup>	4-6 fl oz breast milk <sup>1,2</sup> or formula <sup>3</sup>
8 months through 11 months 	6-8 fl oz breast milk <sup>1,2</sup> or formula <sup>3</sup> 2-4 Tbsp. Infant cereal <sup>3</sup> 1-4 Tbsp. fruit and/or vegetable	6-8 fl oz breast milk <sup>1,2</sup> or formula <sup>3</sup> and 2-4 Tbsp Infant cereal <sup>3</sup> and/or 1-4 Tbsp. meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½-2 oz. cheese; or 2-8 Tbsp. cottage cheese; or 1-4 oz cheese food, or cheese spread; and 1-4 Tbsp. fruit and/or vegetable	2-4 fl oz breast milk <sup>1,2</sup> or formula <sup>3</sup> or fruit juice <sup>5</sup> 0-½ slice of bread <sup>4,6</sup> or 0-2 crackers <sup>4,6</sup> (optional)

<sup>1</sup> Breast milk or formula, or portions of both may be served (ask parent's wishes); however, it is recommended that breast milk be served in place of formula from birth through 11 months.

<sup>2</sup> For some breast-fed 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.

<sup>3</sup> Infant formula and dry infant cereal shall be iron fortified.

<sup>4</sup> A serving of this component is required only when the infant is developmentally ready to accept it.

<sup>5</sup> Fruit juice must be full-strength.

<sup>6</sup> Bread and crackers must be made from whole-grain or enriched meal or flour.

**I certify that I am feeding the appropriate meal components required by the Child & Adult Care Food Program. I will keep on record a Dietary Restrictions & Substitutions Statement or parental request for any child that is not being served the required components.**

**I will submit a copy of all Dietary Restrictions & Substitutions Statements to Catholic Charities Child & Adult Care Food Program for any child that has a medical condition that does not allow the approved meal pattern.**