



# North Canton YMCA Child Development Center

# CACFP Menu for Infants: Dec 1-31

\*The following major food allergens are used as ingredients: Milk, Egg, Fish, Wheat, Soy, and Sesame. Please speak to one of our staff for more information about these ingredients.

Menu	Age	Portion Size/Component	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack**	Birth-5 months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF	IFIF	IFIF	IFIF	IFIF
	6-11 Months	2-4 fl. Oz breastmilk <sup>1</sup> or formula <sup>2</sup> , and	IFIF	IFIF	IFIF	IFIF	IFIF
		0-½ slice of bread/bread-like items (0-½ oz. eq.) <sup>6</sup> ; or crackers (0-¼ oz. eq.) <sup>6</sup> ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) <sup>2,6</sup> ; or ready-to-eat breakfast cereal (0-¼ oz eq) <sup>4,6,7</sup> ; and	Ready to Eat Cereal	Infant Cereal	Ready to Eat Cereal	Infant Cereal	Ready to Eat Cereal
		0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Peaches	Carrots	Applesauce	Green Beans	Pears
Lunch	Birth-5 months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF	IFIF	IFIF	IFIF	IFIF
	6-11 Months	6-8 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; and	IFIF	IFIF	IFIF	IFIF	IFIF
		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) <sup>2</sup> ,meat, fish, poultry, whole egg,cooked dry beans or cooked dry peas; or0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and	Infant Cereal	Infant Cereal	Infant Cereal	Infant Cereal	Infant Cereal
		0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Sweet Potatoes	Pears	Squash	Bananas	Green Beans
PM Snack**	Birth-5 months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF	IFIF	IFIF	IFIF	IFIF
	6-11 Months	2-4 fl. oz breastmilk <sup>1</sup> or formula <sup>2</sup> , and	IFIF	IFIF	IFIF	IFIF	IFIF
		0-½ slice of bread/bread-like items (0-½ oz. eq.) <sup>6</sup> ; or or crackers (0-¼ oz. eq.) <sup>6</sup> ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) <sup>2,6</sup> ; or ready-to-eat breakfast cereal (0-¼ oz eq) <sup>4,6,7</sup> ; and	Club Crackers	Ritz Crackers	Club Crackers	Ritz Crackers	Club Crackers
		0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup> a combination of both <sup>4,5</sup>	Applesauce	Squash	Pears	Sweet Potatoes	Peaches

This institution is an equal opportunity provider. 1. 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. 2. Infant formula and dry infant cereal must be iron-fortified. 3. Yogurt must contain no more than 23 grams of total sugars per 6 ounces. 4. A serving of this component is required when the infant is developmentally ready to accept it. 5. Fruit and vegetable juices must not be served. 6. All grains served must be made with enriched or whole grain meal or flour. Ready-to-eat breakfast cereals and infant cereals that are fortified are also creditable. 7. Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). oz eq = ounce equivalents



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		0-½ slice of bread/bread-like items (0-½ oz. eq.) <sup>6</sup> ; or crackers (0-¼ oz. eq.) <sup>6</sup> ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) <sup>2,6</sup> ; or ready-to-eat breakfast cereal (0-¼ oz eq) <sup>4,6,7</sup> ; and	Infant Cereal	Ready to Eat Cereal	Infant Cereal	Ready to Eat Cereal	Infant Cereal
0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Pears	Squash	Bananas	Sweet Potatoes	Applesauce		
Lunch	Birth-5 months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF	IFIF	IFIF	IFIF	IFIF
	6-11 Months	6-8 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; and	IFIF	IFIF	IFIF	IFIF	IFIF
		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) <sup>2</sup> ,meat, fish, poultry, whole egg,cooked dry beans or cooked dry peas; or0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and	Infant Cereal	Infant Cereal	Infant Cereal	Infant Cereal	Infant Cereal
0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Peas	Applesauce	Carrots	Peaches	Green Beans		
PM Snack**	Birth-5 months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF	IFIF	IFIF	IFIF	IFIF
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0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup> a combination of both <sup>4,5</sup>	Peaches	Carrots	Squash	Bananas	Sweet Potatoes		

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