

Food Group	Required Minimum Serving Sizes ¹		Date:	Monday	Tuesday	Wednesday	Thursday	Friday
	0-5 Mos	6-11 Mos.		Feb. 5, 2024	Feb. 6, 2024	Feb. 7, 2024	Feb. 8, 2024	Feb. 9, 2024
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl.oz.	0-5 mo.	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²
			6-11 mo.					
Iron-fortified infant cereal or meat/meat ^{1 3}		0-1/2 oz. eq. iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese or yogurt; or a combination of the above	6-11 mo.	Cottage Cheese	Sausage	Plain Yogurt	Cheese	Cottage Cheese
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Applesauce	Pear Puree	Blueberries, Mashed	Orange Chunks	Peaches Peeled & Diced
Supplemental Grain			6-11 mo.	WG Cheerios	Biscuit	Pancake	WW Toast	Trix WG Reduced Sugar Cereal
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl.oz.	0-5 mo.	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²
			6-11 mo.					
Iron-fortified infant cereal or meat/meat ^{1 3}		0-1/2 oz. eq. iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese or yogurt; or a combination of the above	6-11 mo.	Chicken Patty, Diced	Manwich Sloppy Joe	Chicken, Diced	Spaghetti w/ Meat Sauce	Grilled Cheese
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Peach Slices	Mandarin Oranges, Tater Tots	Green Beans, Applesauce	Broccoli & Cauliflower Bites	Pineapple Tidbits
Supplemental Grain			6-11 mo.	WG Bun	WG Slider Bun	WG Rice	Garlic Wheat Bread	
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	2-4 fl.oz.	0-5 mo.	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²
			6-11 mo.					
Grains ^{1 5 6}		0-1/2 oz. eq. bread/bread-like items or iron-fortified infant cereal; or 0-1/4 oz. eq. ready-to-eat cereals or crackers	6-11 mo.	WG Cheeze-It Crackers	WG Graham Crackers	WG Cheddar Goldfish	Animal Crackers, Mixed Berry	Mini Rice Cakes
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Tropical Fruit pineapple, papaya, and guava	Cantaloupe, Finely Chopped	Honeydew Melon, Finely Chopped	Canned Pear Slices	Banana, Sliced

¹A serving of solid foods in each food group is required when the infant is developmentally ready to accept it. See the NC CACFP Infant Feeding Consent Form for guidance. Menu variations for each infant will be based on the infant’s developmental readiness for, and exposure to, individual food items, and these variations are documented in the infant’s feeding record. ²Breastmilk 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. ~ Breastfeeding on-site is allowed as part of a reimbursable meal. The childcare center must document that the infant was breastfed, but documentation of duration and amount is not required. ~ Breastmilk serving size can be less for some infants, with additional breastmilk offered later if the infant will consume more. ~ Iron-fortified infant cereal may NOT be offered in a bottle. ³Yogurt must contain no more than 23 grams of total sugar per 6 oz. of yogurt. ⁴Vegetable/fruit juices must not be served to infants. ⁵Grains must be enriched, fortified, or whole grain-rich. ⁶Breakfast cereals must contain no more than 6 grams of sugar per dry ounce of cereal and must be iron-fortified.

Food Group	Required Minimum Serving Sizes ¹			Monday	Tuesday	Wednesday	Thursday	Friday
	0-5 Mos	6-11 Mos.	Date:	Feb. 12, 2024	Feb. 13, 2024	Feb. 14, 2024	Feb. 15, 2024	Feb. 16, 2024
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl.oz.	0-5 mo.	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²
			6-11 mo.					
Iron-fortified infant cereal or meat/meat ^{1 3}		0-1/2 oz. eq. iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese or yogurt; or a combination of the above	6-11 mo.	Cottage Cheese	Plain Yogurt	Plain Yogurt	WW Toast w/ Cheese	Egg Biscuit
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Pear Puree	Applesauce	Banana, Sliced	Orange Chunks	Grapefruit, Finely Chopped
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl.oz.	0-5 mo.	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²
			6-11 mo.					
Iron-fortified infant cereal or meat/meat ^{1 3}		0-1/2 oz. eq. iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese or yogurt; or a combination of the above	6-11 mo.	Beef Ravioli, Cheese Stick	Beef, Shredded	Hamburger Crumbles	Pork Chop, Shredded	Ham & Turkey Sandwich Bites
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Mandarin Oranges, Lima Beans	Peas, Carrots, Pineapple Tidbits	Mashed Potatoes, Peach Slices	Great Northern Beans, Pear Puree	Strawberries, Sliced
Supplemental Grain			6-11 mo.	WG Roll	Egg Noodles	WG Slider Bun	WG Macaroni & Cheese	
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	2-4 fl.oz.	0-5 mo.	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²
			6-11 mo.					
Grains ^{1 5 6}		0-1/2 oz. eq. bread/bread-like items or iron-fortified infant cereal; or 0-1/4 oz. eq. ready-to-eat cereals or crackers	6-11 mo.	WG Blueberry Biscuit Snacks	Wheat Wafer Snack Crackers	WG Cheerios	WG Crackers	WG Cheeze-It Crackers
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Honeydew Melon, Finely Chopped	Mixed Fruit Pineapple, Pear, Peaches	Cantaloupe, Finely Chopped	Applesauce	Banana, Sliced

¹A serving of solid foods in each food group is required when the infant is developmentally ready to accept it. See the NC CACFP Infant Feeding Consent Form for guidance. Menu variations for each infant will be based on the infant’s developmental readiness for, and exposure to, individual food items, and these variations are documented in the infant’s feeding record. ²Breastmilk 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. ~ Breastfeeding on-site is allowed as part of a reimbursable meal. The childcare center must document that the infant was breastfed, but documentation of duration and amount is not required. ~ Breastmilk serving size can be less for some infants, with additional breastmilk offered later if the infant will consume more. ~ Iron-fortified infant cereal may NOT be offered in a bottle. ³Yogurt must contain no more than 23 grams of total sugar per 6 oz. of yogurt. ⁴Vegetable/fruit juices must not be served to infants. ⁵Grains must be enriched, fortified, or whole grain-rich. ⁶Breakfast cereals must contain no more than 6 grams of sugar per dry ounce of cereal and must be iron-fortified.

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Food Group	Required Minimum Serving Sizes ¹		Date:	Monday	Tuesday	Wednesday	Thursday	Friday
	0-5 Mos	6-11 Mos.		Feb. 19, 2024	Feb. 20, 2024	Feb. 21, 2024	Feb. 22, 2024	Feb. 23, 2024
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl.oz.	0-5 mo.	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²
			6-11 mo.					
Iron-fortified infant cereal or meat/meat ^{1 3}		0-1/2 oz. eq. iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese or yogurt; or a combination of the above	6-11 mo.	Cheese Slices WW Bread	Cottage Cheese	Plain Yogurt	Cottage Cheese	WW English Muffin w/ Cheddar Cheese
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Applesauce	Orange Chunks	Banana, Sliced	Pear Puree	Applesauce
Supplemental Grain			6-11 mo.	WG Cheerios	Waffle	Cinnamon Raisin Bagel	Blueberry Muffin	
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl.oz.	0-5 mo.	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²
			6-11 mo.					
Iron-fortified infant cereal or meat/meat ^{1 3}		0-1/2 oz. eq. iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese or yogurt; or a combination of the above	6-11 mo.	Lasagna, Pinto Beans	Chicken Patty, Diced	Pepperoni Pizza Strips	Chicken Nuggets	Vegetable Soup w/ Beef
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Mixed Fruit Pineapple, Pears, Peaches	Tater Tots, Sliced Peaches	Green Beans, Pineapple Tidbits	Mandarin Oranges	Banana, Sliced
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	2-4 fl.oz.	0-5 mo.	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²
			6-11 mo.					
Grains ^{1 5 6}		0-1/2 oz. eq. bread/bread-like items or iron-fortified infant cereal; or 0-1/4 oz. eq. ready-to-eat cereals or crackers	6-11 mo.	Mini Rice Cakes	WG Graham Crackers	WG Cheddar Goldfish	WG Blueberry Biscuit Snack	Animal Crackers, Mixed Berry
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Cantaloupe, Finely Chopped	Strawberries, Sliced	Honeydew Melon, Finely Chopped	Tropical Fruit Pineapple, Papaya, Guava	Orange Chunks

¹A serving of solid foods in each food group is required when the infant is developmentally ready to accept it. See the NC CACFP Infant Feeding Consent Form for guidance. Menu variations for each infant will be based on the infant’s developmental readiness for, and exposure to, individual food items, and these variations are documented in the infant’s feeding record. ²Breastmilk 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. ~ Breastfeeding on-site is allowed as part of a reimbursable meal. The childcare center must document that the infant was breastfed, but documentation of duration and amount is not required. ~ Breastmilk serving size can be less for some infants, with additional breastmilk offered later if the infant will consume more. ~ Iron-fortified infant cereal may NOT be offered in a bottle. ³Yogurt must contain no more than 23 grams of total sugar per 6 oz. of yogurt. ⁴Vegetable/fruit juices must not be served to infants. ⁵Grains must be enriched, fortified, or whole grain-rich. ⁶Breakfast cereals must contain no more than 6 grams of sugar per dry ounce of cereal and must be iron-fortified.

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	0-5 Mos	6-11 Mos.		Feb. 26, 2024	Feb. 27, 2024	Feb. 28, 2024	Feb. 29, 2024	Mar. 1, 2024
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl.oz.	0-5 mo.	CLOSED	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²
			6-11 mo.					
Iron-fortified infant cereal or meat/meat ^{1 3}		0-1/2 oz. eq. iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese or yogurt; or a combination of the above	6-11 mo.	CLOSED	Cottage Cheese	WW Toast w/ Cheese	Plain Yogurt	Cottage Cheese
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	CLOSED	Applesauce	Pear Puree	Blueberries, Mashed	Grapefruit, Finely Chopped
Supplemental Grain			6-11 mo.		Pancake			Trix WG Reduced Sugar Cereal
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl.oz.	0-5 mo.	CLOSED	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²
			6-11 mo.					
Iron-fortified infant cereal or meat/meat ^{1 3}		0-1/2 oz. eq. iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese or yogurt; or a combination of the above	6-11 mo.	CLOSED	BBQ Chicken w/ WG Slider Bun	WG Spaghetti Noodles w/ Meat Sauce	Fish Sticks, Mac & Cheese	Manwich Sloppy Joe w/ WG Roll
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	CLOSED	Mandarin Oranges	Field Peas & Snaps, Sliced Peaches	Baked Beans, Orange Chunks	Mashed Potatoes, Tropical Fruit
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	2-4 fl.oz.	0-5 mo.	CLOSED	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²	Breastmilk or iron-fortified infant formula ²
			6-11 mo.					
Grains ^{1 5 6}		0-1/2 oz. eq. bread/bread-like items or iron-fortified infant cereal; or 0-1/4 oz. eq. ready-to-eat cereals or crackers	6-11 mo.	CLOSED	Wheat Wafer Snack Crackers	WG Cheeze-It Crackers	Animal Crackers, Mixed Berry	Mini Rice Cakes
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	CLOSED	Strawberries, Sliced	Applesauce	Banana, Sliced	Cantaloupe, Finely Chopped

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