



## DEPARTMENT OF EDUCATION

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September 20, 2024

### MEMORANDUM

**TO:** Child and Adult Care Food Program (CACFP) Sponsors

**FROM:** Aimee F. Beam, MS, RD   
Director, Nutrition Programs

**RE:** **2024 Operational Memo # 15 – CACFP Menu Templates & Instructions**

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To help Program Sponsors ensure compliance with CACFP meal pattern regulations, the Delaware Department of Education (DDOE) has updated the menu templates and included instructions on completing them. A packet with meal patterns, all templates, and menu template instructions is attached to this memo.

Please contact our office with any questions at 302-857-3356.

Attachments: Menu Templates and Meal Patterns

cc: Nutrition Team

# CACFP MEAL PATTERNS

## BREAKFAST

Serve Milk, Vegetable or Fruit, Grain\*

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Vegetable, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grain*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

\* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.  
oz eq = ounce equivalents

## LUNCH / SUPPER

Serve All Five Components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup*
Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

\* A serving of milk is not required at supper meals for adults.  
oz eq = ounce equivalents

## SNACK

Select Two of the Five Components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	1/2 cup	1 cup	1 cup
Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

oz eq = ounce equivalents  
Refer to USDA FNS Exhibit A for further guidance on grain serving sizes.



Fluid Milk



Vegetable



Fruit



Meat/Meat Alternate



Grain



# INFANT MEAL PATTERNS

## AGES BIRTH THROUGH 5 MONTHS

### BREAKFAST, SNACK, LUNCH & SUPPER MEAL PATTERNS

Milk	4-6 oz	breastmilk <sup>1</sup> or formula <sup>2</sup>
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## AGES 6 MONTHS THROUGH 11 MONTHS

### BREAKFAST, LUNCH & SUPPER MEAL PATTERNS

Milk	6-8 oz	breastmilk <sup>1</sup> or formula <sup>2</sup>
Grain/ Meat/Meat Alternate	0-1/2 oz eq	infant cereal <sup>2</sup> or
	0-4 tbs	meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas or
	0-2 oz	cheese or
	0-4 oz	cottage cheese or yogurt <sup>3</sup> or
	0-4 oz	a combination of the above <sup>4</sup>
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both <sup>4,5</sup>

### SNACK MEAL PATTERNS

Milk	2-4 oz	breastmilk <sup>1</sup> or formula <sup>2</sup>
Grain	0-1/2 oz eq	slice bread <sup>6</sup> or
	0-1/4 oz eq	crackers <sup>6</sup> or
	0-1/2 oz eq	infant cereal <sup>2,6</sup> or
	0-1/4 oz eq	ready-to-eat breakfast cereal <sup>4,5,7</sup>
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both <sup>4,5</sup>

oz eq = ounce equivalents

<sup>1</sup> 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.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

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

<sup>5</sup> Fruit and vegetable juices must not be served.

<sup>6</sup> A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

<sup>7</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).



Fluid Milk



Vegetable



Fruit



Meat/Meat Alternate



Grain



Visit [cacfp.org](http://cacfp.org) for more nutrition education resources. CACFP is an indicator of quality child care. This institution is an equal opportunity provider.

### Menu Template Instructions

There are several templates that you can use for your Child and Adult Care Food Program (CACFP). Please review the brief descriptions and instructions to decide which will work best for you. You are not required to use these templates, but you must have menus that document the food items/components and the portion sizes for each age group.

#### 1. CACFP Infant Menu 0-5 Months

Infants 0-5 months must be served either breast milk or iron-fortified formula. Use this menu for all infants 0-5 months. Complete the blue boxes and then circle, each day, whether breast milk or formula was served. Record the volume (4 oz., 6 oz., etc.) offered. Each infant claimed in CACFP must have a completed menu on file.

### Delaware Department of Education CACFP Menu | Infants 0 through 5 Months

Center/Home Name:  Week of:   
 Child Name:  Age:  MEDICAL STATEMENT ON FILE:  YES  NO  
 Type of Formula (if formula-fed):

**Please circle or check the item served and record the amount offered.**

	Monday / DATE:	Tuesday / DATE:	Wed. / DATE:	Thursday / DATE:	Friday / DATE:
<b>BREAKFAST</b>					
Breast milk* or iron-fortified infant formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula
<b>LUNCH</b>					
Breast milk* or iron-fortified infant formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula
<b>AM or PM SNACK</b>					
Breast milk* or iron-fortified infant formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula

\* See "Breastfeeding Support and CACFP Reimbursement" for more information on supporting mothers who breastfeed and reimbursement requirements.

Each child must have a completed individual menu on file.

2. CACFP Infant Menus 6-11 Months

There are two menu template options for infants ages 6-11 months.

- a. Option 1: Use the pre-filled template that includes common items served in the CACFP. Complete the blue boxes and then circle, each day, the items on the menu that were served. Record the portion sizes offered. If what you are serving is not listed in the menu template, you may write it in. Each infant claimed in CACFP must have a completed menu on file.

Delaware Department of Education  
CACFP Menu | Infants 6 through 11 Months

Center/Home Name: \_\_\_\_\_ Week of: \_\_\_\_\_

Child Name: \_\_\_\_\_ Age: \_\_\_\_\_ MEDICAL STATEMENT ON FILE  YES  NO

Type of Formula (if formula-fed): \_\_\_\_\_

	Monday/DATE:	Tuesday/DATE:	Wednesday/DATE:	Thursday/DATE:	Friday/DATE:
<b>BREAKFAST</b> Breast milk* or iron fortified fluid infant formula Infant cereal, meat, fish, poultry, whole egg, iron-fortified beans, cooked dry peas, cheese, cottage cheese, or yogurt, or combination of the above**	Breast milk Iron Fortified Formula Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt	Breast milk Iron Fortified Formula Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt	Breast milk Iron Fortified Formula Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt	Breast milk Iron Fortified Formula Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt	Breast milk Iron Fortified Formula Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt
<b>FRUIT OR VEGETABLES OR A COMBINATION OF BOTH**</b>	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach
<b>LUNCH OR SUPPER</b> Breast milk* or iron fortified fluid infant formula Infant cereal, meat, fish, poultry, whole egg, iron-fortified beans, cooked dry peas, or cheese, or cottage cheese, or yogurt, or combination of the above**	Breast milk Iron Fortified Formula Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt	Breast milk Iron Fortified Formula Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt	Breast milk Iron Fortified Formula Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt	Breast milk Iron Fortified Formula Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt	Breast milk Iron Fortified Formula Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt
<b>FRUIT OR VEGETABLES OR A COMBINATION OF BOTH**</b>	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach
<b>JAM OR PFM SLACK</b> Breast milk* or iron fortified fluid infant formula Spread, or jelly, or honey, or cornmeal or equivalent breakfast cereal**	Breast milk Iron Fortified Formula Spread, or jelly, or honey, or cornmeal, Rice cereal, Ready to eat cereal, Cereals, Rice, Oats, Wheat, corn flakes, Grits	Breast milk Iron Fortified Formula Spread, or jelly, or honey, or cornmeal, Rice cereal, Ready to eat cereal, Cereals, Rice, Oats, Wheat, corn flakes, Grits	Breast milk Iron Fortified Formula Spread, or jelly, or honey, or cornmeal, Rice cereal, Ready to eat cereal, Cereals, Rice, Oats, Wheat, corn flakes, Grits	Breast milk Iron Fortified Formula Spread, or jelly, or honey, or cornmeal, Rice cereal, Ready to eat cereal, Cereals, Rice, Oats, Wheat, corn flakes, Grits	Breast milk Iron Fortified Formula Spread, or jelly, or honey, or cornmeal, Rice cereal, Ready to eat cereal, Cereals, Rice, Oats, Wheat, corn flakes, Grits
<b>FRUIT OR VEGETABLES OR A COMBINATION OF BOTH**</b>	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach

\* See "Breastfeeding Support and CACFP Reimbursement" for more information on supporting mothers who breastfeed and reimbursement requirements.  
\*\* This component is only required when the infant is developmentally ready. Once developmentally ready, all components must be served.  
SEE THE INFANT MEAL PATTERN FOR MEAL COMPONENT REQUIREMENTS  
Each child must have a completed and signed menu on file.

- b. Option 2: Use the blank menu template and fill in each item and portion size offered each day. Complete all blue boxes on the template (as applicable, see footnotes). Each infant claimed in CACFP must have a completed menu on file.

Delaware Department of Education  
CACFP Menu | Infants 6 through 11 Months

Center/Home Name: \_\_\_\_\_ Week of: \_\_\_\_\_  
 Child Name: \_\_\_\_\_ Age: \_\_\_\_\_ MEDICAL STATEMENT ON FILE  YES  NO  
 Type of Formula (if formula-fed): \_\_\_\_\_

**Fill in item and portion size for each component served.**

SEE THE INFANT MEAL PATTERN FOR MEAL COMPONENT REQUIREMENTS.

	Monday/DATE:		Tuesday/DATE:		Wed./DATE:		Thursday/DATE:		Friday/DATE:	
	Item Name	Portion Size	Item Name	Portion Size	Item Name	Portion Size	Item Name	Portion Size	Item Name	Portion Size
<b>BREAKFAST</b>										
Breast milk* or iron-fortified fluid infant formula										
Infant cereal, meat, fish, poultry, whole egg, cooked dry beans, cooked dry peas, cheese, cottage cheese, or yogurt; or combination of the above**										
Fruit or vegetables or a combination of both**										
<b>LUNCH OR SUPPER</b>										
Breast milk* or iron-fortified fluid infant formula										
Infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or cheese; or cottage cheese; or yogurt; or combination of the above**										
Fruit or vegetables or a combination of both**										
<b>AM or PM SNACK</b>										
Breast milk* or iron-fortified fluid infant formula										
Bread; or crackers; or infant cereal or ready-to-eat breakfast cereal**										
Fruit or vegetables or a combination of both**										

\* See "Breastfeeding Support and CACFP Reimbursement" for more information on supporting mothers who breastfeed and reimbursement requirements.  
 \*\* This component is only required when the infant is developmentally ready. Once developmentally ready, all components must be served.  
 SEE THE INFANT MEAL PATTERN FOR MEAL COMPONENT REQUIREMENTS.  
 Each child must have a completed individual menu on file.

3. CACFP Ages 1 and older:

- a. There is a general template for ages 1 and older. You must document the portion sizes served to each age group that you serve. If you serve different portion sizes for each age group, the best way to do this is to complete a menu for each age group (ages 1-2, ages 3-5, and 6 and older). You could also have one menu that lists the food items/components served and a separate document with portion sizes of each item served to the different groups. You can serve the same foods (except milk type) to everyone and document the correct portion sizes on each menu. If you serve the highest meal pattern (ages 6 and up) to all children, please ensure correct portion sizes are documented and indicate ages 1 and older in the age group section of the template. You will still need to document the milk types served to the different age groups.
- b. Complete all blue boxes on this menu.

Delaware Department of Education  
Child and Adult Care Food Program (CACFP) Menu

Center/Home Name:

Week of:

Age Group:

List the food item and portion size served for each component; grains must be documented in portion size and ounce equivalents. Milk type must be listed.

MEAL PATTERN	Monday/DATE:		Tuesday/DATE:		Wed./DATE:		Thursday/DATE:		Friday/DATE:	
BREAKFAST	Item Name	Portion Size	Item Name	Portion Size	Item Name	Portion Size	Item Name	Portion Size	Item Name	Portion Size
Milk										
Fruits, Vegetables, or portions of both**										
Grains*										
LUNCH OR SUPPER	Item Name	Portion Size	Item Name	Portion Size	Item Name	Portion Size	Item Name	Portion Size	Item Name	Portion Size
Milk										
Meat/Meat Alternate										
Vegetables**										
Fruits/Vegetables**										
Grains*										
AM or PM SNACK	Item Name	Portion Size	Item Name	Portion Size	Item Name	Portion Size	Item Name	Portion Size	Item Name	Portion Size
Serve 2 Components***										
Milk										
Meat/Meat Alternate										
Fruits**										
Vegetables**										
Grains*										

\*CACFP requires a Whole Grain Rich (WGR) item be served 1 time a day; designate with WGR.

\*\* 100% juice may only be served at one meal during the day

\*\*\*Snacks only: Items must be from two (2) different 'food component' groups, Milk and juice may not be the only two components served, if milk or juice are not served at all, water must be offered in addition to the two components.

## Delaware Department of Education CACFP Menu | Infants 0 through 5 Months

Center/Home Name: \_\_\_\_\_ Week of: \_\_\_\_\_

Child Name: \_\_\_\_\_ Age: \_\_\_\_\_ MEDICAL STATEMENT ON FILE:  YES  NO

Type of Formula (if formula-fed): \_\_\_\_\_

**Please circle or check the item served and record the amount offered.**

	Monday / DATE:	Tuesday / DATE:	Wed. / DATE:	Thursday / DATE:	Friday / DATE:
<b>BREAKFAST</b>					
Breast milk* or iron-fortified infant formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula
<b>LUNCH</b>					
Breast milk* or iron-fortified infant formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula
<b>AM or PM SNACK</b>					
Breast milk* or iron-fortified infant formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula	Breast milk or Iron Fortified Formula

\* See "Breastfeeding Support and CACFP Reimbursement" for more information on supporting mothers who breastfeed and reimbursement requirements.

Each child must have a completed individual menu on file.

# Delaware Department of Education CACFP Menu | Infants 6 through 11 Months

Center/Home Name: \_\_\_\_\_ Week of: \_\_\_\_\_

Child Name: \_\_\_\_\_ Age: \_\_\_\_\_ MEDICAL STATEMENT ON FILE:  YES  NO

Type of Formula (if formula-fed): \_\_\_\_\_

BREAKFAST	Monday/DATE:	Tuesday/DATE:	Wednesday/DATE:	Thursday/DATE:	Friday/DATE:
Breast milk* or iron-fortified fluid infant formula	Breast milk Iron Fortified Formula	Breast milk Iron Fortified Formula	Breast milk Iron Fortified Formula	Breast milk Iron Fortified Formula	Breast milk Iron Fortified Formula
Infant cereal, meat, fish, poultry, whole egg, cooked dry beans, cooked dry peas, cheese, cottage cheese, or yogurt; or combination of the above**	Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt	Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt	Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt	Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt	Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt
Fruit or vegetables or a combination of both**	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach
LUNCH OR SUPPER					
Breast milk* or iron-fortified fluid infant formula	Breast milk Iron Fortified Formula	Breast milk Iron Fortified Formula	Breast milk Iron Fortified Formula	Breast milk Iron Fortified Formula	Breast milk Iron Fortified Formula
Infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or cheese; or cottage cheese; or yogurt; or combination of the above**	Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt	Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt	Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt	Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt	Rice cereal, oatmeal, chicken, beef, turkey, ham, egg, cheese, cottage cheese, yogurt
Fruit or vegetables or a combination of both**	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach
AM or PM SNACK					
Breast milk* or iron-fortified fluid infant formula	Breast milk Iron Fortified Formula	Breast milk Iron Fortified Formula	Breast milk Iron Fortified Formula	Breast milk Iron Fortified Formula	Breast milk Iron Fortified Formula
Bread; or crackers; or infant cereal or ready-to-eat breakfast cereal**	Bread, crackers, oatmeal, rice cereal, Ready to eat cereal: Cheerios, Kix, Chex, Wheaties, corn flakes, Crispix	Bread, crackers, oatmeal, rice cereal, Ready to eat cereal: Cheerios, Kix, Chex, Wheaties, corn flakes, Crispix	Bread, crackers, oatmeal, rice cereal, Ready to eat cereal: Cheerios, Kix, Chex, Wheaties, corn flakes, Crispix	Bread, crackers, oatmeal, rice cereal, Ready to eat cereal: Cheerios, Kix, Chex, Wheaties, corn flakes, Crispix	Bread, crackers, oatmeal, rice cereal, Ready to eat cereal: Cheerios, Kix, Chex, Wheaties, corn flakes, Crispix
Fruit or vegetables or a combination of both**	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach	Applesauce, pears, bananas, prunes, peaches, apples, green beans, carrots, squash, sweet potatoes, peas, spinach

\* See "Breastfeeding Support and CACFP Reimbursement" for more information on supporting mothers who breastfeed and reimbursement requirements.

\*\* This component is only required when the infant is developmentally ready. Once developmentally ready, all components must be served.

SEE THE INFANT MEAL PATTERN FOR MEAL COMPONENT REQUIREMENTS.

Each child must have a completed individual menu on file.

Delaware Department of Education  
CACFP Menu | Infants 6 through 11 Months

Center/Home Name: \_\_\_\_\_ Week of: \_\_\_\_\_

Child Name: \_\_\_\_\_ Age: \_\_\_\_\_ MEDICAL STATEMENT ON FILE:  YES  NO

Type of Formula (if formula-fed): \_\_\_\_\_

**Fill in item and portion size for each component served.**

SEE THE INFANT MEAL PATTERN FOR MEAL COMPONENT REQUIREMENTS.

	Monday/DATE:			Tuesday/DATE:			Wed./DATE:			Thursday/DATE:			Friday/ DATE:		
	Item Name	Portion Size		Item Name	Portion Size		Item Name	Portion Size		Item Name	Portion Size		Item Name	Portion Size	
<b>BREAKFAST</b>															
Breast milk* or iron-fortified fluid infant formula															
Infant cereal, meat, fish, poultry, whole egg, cooked dry beans, cooked dry peas, cheese, cottage cheese, or yogurt; or combination of the above**															
Fruit or vegetables or a combination of both**															
<b>LUNCH OR SUPPER</b>															
Breast milk* or iron-fortified fluid infant formula															
Infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or cheese; or cottage cheese; or yogurt; or combination of the above**															
Fruit or vegetables or a combination of both**															
<b>AM or PM SNACK</b>															
Breast milk* or iron-fortified fluid infant formula															
Bread; or crackers; or infant cereal or ready-to-eat breakfast cereal**															
Fruit or vegetables or a combination of both**															

\* See "Breastfeeding Support and CACFP Reimbursement" for more information on supporting mothers who breastfeed and reimbursement requirements.

\*\* This component is only required when the infant is developmentally ready. Once developmentally ready, all components must be served.

SEE THE INFANT MEAL PATTERN FOR MEAL COMPONENT REQUIREMENTS.

Each child must have a completed individual menu on file.

Delaware Department of Education  
Child and Adult Care Food Program (CACFP) Menu

Center/Home Name: \_\_\_\_\_

Week of: \_\_\_\_\_

Age Group: \_\_\_\_\_

List the food item and portion size served for each component; grains must be documented in portion size and ounce equivalents. Milk type must be listed.

MEAL PATTERN	Monday/DATE:		Tuesday/DATE:		Wed./DATE:		Thursday/DATE:		Friday/ DATE:	
	Item Name	Portion Size	Item Name	Portion Size	Item Name	Portion Size	Item Name	Portion Size	Item Name	Portion Size
<b>BREAKFAST</b>										
Milk										
Fruits, Vegetables, or portions of both**										
Grains*										
<b>LUNCH OR SUPPER</b>										
Milk										
Meat/Meat Alternate										
Vegetables**										
Fruits/Vegetables**										
Grains*										
<b>AM or PM SNACK</b>										
<b>Serve 2 Components***</b>										
Milk										
Meat/Meat Alternate										
Fruits**										
Vegetables**										
Grains*										

\*CACFP requires a Whole Grain Rich (WGR) item be served 1 time a day; designate with WGR.

\*\*100% juice may only be served at one meal during the day

\*\*\*Snacks only: Items *must be* from two (2) different 'food component' groups. Milk and juice may not be the only two components served. If milk or juice are not served at all, water must be offered in addition to the two components.