

Food Group	Required Minimum Serving Sizes ¹		Date:	Monday	Tuesday	Wednesday	Thursday	Friday
	0-5 Mos	6-11 Mos.		April 29, 2024	April 30, 2024	May 1, 2024	May 2, 2024	May 3, 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	Turkey Sausage Patty	Plain Yogurt	Cheese Slice	Cottage Cheese
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Applesauce	Banana, Sliced	Orange Chunks	Pear Puree	Sliced Peaches
Supplemental Grain			6-11 mo.	Cinnamon Toast Crunch WG Cereal	WW Toast	WG French Toast Sticks	WG Banana Muffin	Blueberry Bagel Bites
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.	Breaded Chicken Patty, Diced	Salisbury Steak w/ Gravy, Chopped	Pork BBQ, Chopped	Manwich Sloppy Joe	Chicken Noodle Soup, Grilled Cheese
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	Sliced Peaches	Mashed Potatoes, Mandarin Oranges	Great Northern Beans, Pear Puree	Roasted Yellow Squash	Applesauce
Supplemental Grain			6-11 mo.	WG Bun	WG Roll	WG Macaroni & Cheese	WG Bun	
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.	Blueberry Snack Biscuits	Mini Rice Cakes	WG Graham Crackers	Cinnamon Toast Crunch WG Cereal	WG Wheat Club Crackers
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	*Mixed Fruit	Strawberries, Sliced	Blueberries, Mashed	Pineapple Tidbits	Cheddar Cheese Cubes, Mashed

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. *Mixed Fruit (Peaches, Pears, Pineapples) This institution is an equal opportunity provider.

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	0-5 Mos	6-11 Mos.			May 6, 2024	May 7, 2024	May 8, 2024	May 9, 2024	May 10, 2024
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl.oz.	0-5 mo.	B	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.	B	Cottage Cheese	Plain Yogurt	Cottage Cheese	Plain Yogurt	Cheese Toast
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	B	Applesauce	Banana, Sliced	Orange Chunks	Pear Puree	Peach Slices
Supplemental Grain			6-11 mo.	B	WG Cheerios	WG Biscuit	WW Pancake	WG Blueberry Muffin	
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl.oz.	0-5 mo.	B	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.	L	Lasagna w/ Meat Sauce	Chicken & Rice	Hamburger, Chopped	Spaghetti w/ Meat Sauce	Meat Pizza
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	L	Lima Beans, Pear Puree	Broccoli & Cheese, Pineapple Tidbits	Tater Tots, Sliced Peaches	Pinto Beans, *Tropical Fruit	White Potatoes, Applesauce
Supplemental Grain			6-11 mo.	L					
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	2-4 fl.oz.	0-5 mo.	B	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.	B	WG Cheez-It Crackers	WW Crackers	Waffle Cone Bowl	Animal Crackers, Mixed Berry	Blueberry Snack Biscuits
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.	B	*Mixed Berries, Mashed	Strawberries, Sliced	*Tropical Fruit	Pineapple Tidbits	Banana, Sliced

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*Mixed Berries (strawberries, blueberries, raspberries., blackberries) *Tropical Fruit (papaya, banana, pineapple) IM6

Food Group	Required Minimum Serving Sizes ¹			Date:	Monday	Tuesday	Wednesday	Thursday	Friday	
	0-5 Mos	6-11 Mos.			May 13, 2024	May 14, 2024	May 15, 2024	May 16, 2024	May 17, 2024	
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl.oz.	0-5 mo.	BREAKFAST	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.		Cheese Slice	Sausage Patty	Enriched Cheesy Grits	Plain Yogurt	Egg Patty	
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.		Applesauce	Banana, Sliced	Hashbrowns	Pear Puree	Sliced Peaches	
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.		Corn Chex Cereal	WG Biscuit		WW Toast	English Muffin	
Supplemental Grain			6-11 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	
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl.oz.	0-5 mo.		LUNCH	Chicken Patty, Diced, Great Northern Beans, Mashed	Salisbury Steak w/ Gravy, Chopped	Pork BBQ, Chopped	Manwich Sloppy Joe	Chicken Noodle Soup
			6-11 mo.			Mandarin Oranges	Baked Beans, Pineapple Tidbits	Peas Corn on the Cob	Mango Chunks	*Mixed Fruit
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.			WG Bun	WG Roll	WG Bun	Slider Bun	Sunbutter on WW Bread
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 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
Supplemental Grain			6-11 mo.			PM SNACK	Animal Crackers, Mixed Berry	WG Cheddar Goldfish	Granola Simply Crispy Bites	WG Plain Chex Snack Mix
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	2-4 fl.oz.	0-5 mo.	Pear Slices			Honeydew, Finely Chopped	*Mixed Fruit	Banana, Sliced	Applesauce
			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.							
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.							

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	0-5 Mos	6-11 Mos.			May 20, 2024	May 21, 2024	May 22, 2024	May 23, 2024	May 24, 2024
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl.oz.	0-5 mo.	BREAKFAST	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.		Plain Yogurt	Egg Patty	Chicken Nuggets between Maple Baked Mini Waffles	Cottage Cheese	Plain Yogurt
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.		Applesauce	Banana, Sliced	Orange Chunks	Hashbrowns	Peach Slices
Supplemental Grain			6-11 mo.		TRIX WG Red. Sugar Cereal	WG Biscuit		Apple Cinnamon Cheerios Cereal	Plain Bagel
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl.oz.	0-5 mo.	LUNCH	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 w/ Meat Sauce, Cheese	Chicken & Rice	Hamburger, Chopped	Spaghetti w/ Meat Sauce	Pepperoni Pizza
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.		Pinto Beans, Man...Oranges	Raspberries, Mashed	Mashed Potatoes, Pineapple Tidbits	Applesauce	Green Beans
Supplemental Grain			6-11 mo.			WW Crackers			
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	2-4 fl.oz.	0-5 mo.	PM SNACK	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 Cheddar Goldfish	Mini Rice Cakes	Waffle Cone Bowl	WG Crackers	WG Cheez-It Crackers
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.		Pear Slices	Cantaloupe, Finely Chopped	*Tropical Fruit	Banana, Sliced	Pineapple Tidbits

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	0-5 Mos	6-11 Mos.			May 27, 2024	May 28, 2024	May 29, 2024	May 30, 2024	May 31, 2024	
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl.oz.	0-5 mo.	BREAKFAST	Holiday	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	Cottage Cheese	Cheese	
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.			Banana, Sliced	Orange Chunks	Pear Puree	Peach Slices	
Supplemental Grain			6-11 mo.			WG Biscuit	WW Pancake	WG Blueberry Muffin	WW English Muffin	
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	6-8 fl.oz.	0-5 mo.		LUNCH	Holiday	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.				BBQ Chicken, Chopped	Manwich Sloppy Joe	Chicken Alfredo	Grilled Cheese on WW Bread
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.				Mandarin Oranges	*Mixed Fruit	Raspberries, Mashed	Vegetable Soup, Pineapple Tidbits
Supplemental Grain			6-11 mo.				WG Slider Bun	WW Dinner Roll	WG Rotini Pasta	
Breastmilk or iron-fortified infant formula ²	4-6 fl.oz.	2-4 fl.oz.	0-5 mo.	PM SNACK		Holiday	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	WW Crackers	Animal Crackers, Mixed Berry	WG Graham Crackers
Vegetable/Fruit ^{1 4}		0-2 tbsp. vegetable/fruit or a combination of both	6-11 mo.				Cantaloupe, Finely Chopped	Peach Slices	Applesauce	Strawberries, Sliced

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