



CACFP Infant GERBER CYCLE MENU



	0-5 Months	6-11 Months		MONDAY DAY 1	TUESDAY DAY 2	WEDNESDAY DAY 3	THURSDAY DAY 4	FRIDAY DAY 5
BREAKFAST	4-6 oz	6-8 oz	MILK	Breastmilk OR Infant Formula	Breastmilk OR Infant Formula	Breastmilk OR Infant Formula	Breastmilk OR Infant Formula	Breastmilk OR Infant Formula
		0-2 tbsp	FRUIT/ VEGGIE	GERBER 1 st FOODS Banana	GERBER 2 nd FOODS Apple Avocado	GERBER 1 st FOODS Sweet Potato	GERBER 2 nd FOODS Apple Blueberry	GERBER 1 st FOODS Peaches
		0-4 oz	GRAIN/ MEAT	GERBER Oatmeal Cereal	GERBER Multigrain Cereal	GERBER Oatmeal Cereal	GERBER Oatmeal Cereal	GERBER Multigrain Cereal
LUNCH	4-6 oz	6-8 oz	MILK	Breastmilk OR Infant Formula	Breastmilk OR Infant Formula	Breastmilk OR Infant Formula	Breastmilk OR Infant Formula	Breastmilk OR Infant Formula
		0-2 tbsp	FRUIT/ VEGGIE	GERBER 2 nd FOODS Pumpkin	GERBER 1 st FOODS Green Beans	GERBER 2 nd FOODS Apple Prune	GERBER 2 nd FOODS Sweet Potato Corn	GERBER 2 nd FOODS Pear Parsnip Blueberry
		0-4 oz	GRAIN/ MEAT	GERBER 2 nd FOODS Chicken and Chicken Gravy	GERBER 2 nd FOODS Beef and Beef Gravy	GERBER Oatmeal Cereal	GERBER 2 nd FOODS Turkey and Turkey Gravy	GERBER Multigrain Cereal
SNACK	4-6 oz	2-4 oz	MILK	Breastmilk OR Infant Formula	Breastmilk OR Infant Formula	Breastmilk OR Infant Formula	Breastmilk OR Infant Formula	Breastmilk OR Infant Formula
		0-2 tbsp	FRUIT/ VEGGIE	GERBER 1 st FOODS Sweet Potato	GERBER 2 nd FOODS Banana Blackberry Blueberry	GERBER 2 nd FOODS Pea Carrot Spinach	GERBER 2 nd FOODS Mango	GERBER 2 nd FOODS Apple Prune
		0-4 oz	GRAIN MEAT	GERBER Puffs Cereal Snack Banana Flavor	GERBER Oatmeal Cereal	GERBER Puffs Cereal Snack Blueberry Flavor	GERBER Puffs Cereal Snack Vanilla Flavor	GERBER Oatmeal Cereal

- 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 11months. 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.
- Infant formula and dry infant cereal must be iron-fortified.
- Ounce equivalents are used to determine the quantity of creditable grains.
- A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
- 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). A serving of this component is required when the infant is developmentally ready to accept it.
- Fruit and vegetable juices must not be served.