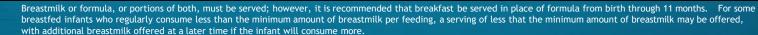
CACFP INFANT - GERBER CYCLE MENU

		CACIT IIII AITI GERBER CICLE MENO							
		0-5 Months	6-11 Months		MONDAY DAY 1	TUESDAY DAY 2	WEDNESDAY DAY 3	<u>THURSDAY</u> DAY 4	FRIDAY DAY 5
	Breakfast	4-6 oz	6-8 oz	MILK	Breastmilk OR GERBER GOOD START Infant formula	Breastmilk OR GERBER GOOD START Infant formula	Breastmilk OR GERBER GOOD START Infant formula	Breastmilk OR GERBER GOOD START Infant formula	Breastmilk OR GERBER GOOD START Infant formula
			0-2 tbsp	FRUIT/VEGGIE	GERBER 1st FOODS Banana	GERBER 2nd FOODS Apple Avocado	GERBER 1st FOODS Sweet Potato	GERBER 2nd FOODS Apple Blueberry	GERBER 1st FOODS Peaches
			0-4 oz	GRAIN/MEAT	GERBER Oatmeal Cereal	GERBER Multigrain Cereal	GERBER Whole Wheat Cereal	GERBER Oatmeal Cereal	GERBER Multigrain Cereal
	Lunch	4-6 oz	6-8 oz	MILK	Breastmilk OR GERBER GOOD START Infant formula	Breastmilk OR GERBER GOOD START Infant formula	Breastmilk OR GERBER GOOD START Infant formula	Breastmilk OR GERBER GOOD START Infant formula	Breastmilk OR GERBER GOOD START Infant formula
			0-2 tbsp	FRUIT/VEGGIE	GERBER 2nd FOODS Pumpkin	GERBER 1st FOODS Green Beans	GERBER 2nd FOODS Natural Apple Prune w/ Vitamin C	GERBER 2nd FOODS Sweet Potato Corn	GERBER 2nd FOODS Pear Pineapple
			0-4 oz	GRAIN/MEAT	GERBER 2nd FOODS Chicken and Chicken Gravy	GERBER 2nd FOODS Beef and Beef Gravy	GERBER Oatmeal Cereal	GERBER 2nd FOODS Turkey and Turkey Gravy	GERBER Whole Wheat Cereal
		4-6 oz	2-4 oz	MILK	Breastmilk OR GERBER GOOD START Infant formula	Breastmilk OR GERBER GOOD START Infant formula	Breastmilk OR GERBER GOOD START Infant formula	Breastmilk OR GERBER GOOD START Infant formula	Breastmilk OR GERBER GOOD START Infant formula
	Snack		0-2 tbsp	FRUIT/VEGGIE	GERBER 1st FOODS Sweet Potato	GERBER 2 nd FOODS Banana Blackberry Blueberry	GERBER 2nd FOODS Pea Carrot Spinach	GERBER 2nd FOODS Mango	GERBER 2nd FOODS Natural Apple Prune w/ Vitamin C
		<u>-</u>	0-4 oz	GRAIN/MEAT	GERBER Puffs Grain Snack Banana Flavor	GERBER Oatmeal Cereal	GERBER Puffs Grain Snack Blueberry Flavor	GERBER Puffs Grain Snack Vanilla Flavor	GERBER Oatmeal Cereal



Infant formula and dry infant cereal must be iron-fortified.

Beginning October 1, 2019, 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.

