

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 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
Snack	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
	--	0-2 tbsp	FRUIT/VEGGIE	GERBER 1st FOODS Sweet Potato	GERBER 2nd FOODS Banana Blackberry Blueberry	GERBER 2nd FOODS Pea Carrot Spinach	GERBER 2nd FOODS Mango	GERBER 2nd FOODS Natural Apple Prune w/ Vitamin C
	--	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

- Breastmilk or formula, or portions of both, must be served; however, it is recommended that breakfast 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.
- 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.



Gerber



Industry Partner