INFANT MEAL PATTERN					
BREAKFAST/LUNCH/SUPPER	SNACK				
0-5 MONTHS	0-5 MONTHS				
*4-6 oz. Breastmilk ¹⁻³ or Iron Fortified Infant Formula ^{1, 4}	*4-6 oz. Breastmilk ¹⁻³ or Iron Fortified Infant Formula ^{1, 4}				
6-12 MONTHS (When Developmentally Ready ⁶)	6-12 MONTHS (When Developmentally Ready ⁶)				
*6-8 oz. Breastmilk ¹⁻³ or Iron Fortified Infant Formula ^{1, 4} ; and	*2-4 oz. Breastmilk ¹⁻³ or Iron Fortified Infant Formula ^{1, 4} ; and				
*0-4 tbsp. iron-fortified infant cereal ^{4, 8} , meat, fish, poultry, whole egg, cooked dry	*0-1/2 slice bread ⁸ ; or 0-2 crackers ⁸ ; or 0-4 tbsp. iron fortified infant cereal ^{4, 8} ; or ready-				
beans, or cooked dry peas; or 0-2 oz. of cheese; or 0-4 oz. (volume) of cottage cheese;	to-eat breakfast cereal ^{8, 9} ; and				
or 0-4 oz. or $1/2$ cup yogurt 5 ; or a combination of the above; and	*0-2 tbsp. vegetable or fruit ⁷ , or a combination of both				
*0-2 tbsp. vegetable or fruit ⁷ , or a combination of both					

MEMO NOTES

¹Breastmilk or Iron Fortified Infant Formula: Breastmilk 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

²Breastfeeding On-Site: In lieu of providing expressed breastmilk, a breastfeeding mother can breastfeed their infant on-site as part of a reimbursable meal. The child care center must document that the infant was breastfed, but documentation of duration and amount is not required.

³Breastmilk Serving Size: For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount may be offered, with additional breastmilk offered later if the infant will consume more.

⁴Iron Fortified Infant Formula: Iron fortified infant cereal may not be offered in a bottle.

⁵Yogurt: Yogurt must contain no more than 23 grams of total sugars per 6 oz.

⁶Introduction of Solids: A serving of solid foods in each component is required when the infant is developmentally ready to accept it. See the NC CACFP *Provision of Breastmilk or Infant Formula and Solid Foods* form for guidance.

⁷Juice: Vegetable/fruit juices must not be served.

⁸Grains: Grains must be whole grain rich, enriched meal, or enriched flour.

⁹Breakfast Cereal: Breakfast cereal must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal.

¹⁰Additional Components: Extra components served with parent permission are not USDA reimbursable.

¹¹Water is available throughout the day: Infants older than 6 months may have small amounts of water (1-2 oz) with solid foods.

* Infant menu must be followed to meet meal pattern requirements when an infant is developmentally ready. If an infant is not developmentally ready to consume what is stated on the menu, then accommodations and substitutions may be made to allow for infant's readiness level

(JF)= Infant Jar Food

Revised 01/2025

Substitutes available to children with food allergies or intolerances on CYP website. See "Allergy Substitutions."

Water is available throughout the day 11.

CHILDS NAME: ______

Food Allergen Ingredients Legend: D=Dairy, E=Egg, S=Soy, W=Wheat, C=Citrus					
Storm Rations	AGE				
	Storm Ratio	n-Lunch			
Breastmilk ¹⁻³ or Iron- Fortified Infant Formula ^{1,}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)			
4	6-12 Months	(/ - /			
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt		Shredded Chicken w/ Mayo & Relish (E, S)			
Vegetable/Fruit ^{6, 7}	6-12 Months	Green Beans			
Additional Component May Be Offered With		Wheat Crackers (S, W)			
Parent Permission ¹⁰					

List of substitutes available to children with food allergies or intolerances can be found on the CYP website.

Water is available throughout the day¹¹.

ALPHA WEEK ALPHA WEEK MONDAY AGE MONDAY AGE MONDAY AGE MONDAY AGE MONOBY MEALCOMPONENT* AGE MONOBY MEASTMIK or iron-Fortified infrant Formula (D, S) Months Infrant Formula (D, S) Monoby Mon	PARENTS: Place a check mar	k next to ite	ms your child has tried a	t home and can have whi	le in care.	CHILDS NAME:		
### REAL COMPONENT* AGE November 3, 2025 November 4, 2025 November 5, 2025 November 6, 2025 November 7, 2025	Food Allergen Ingredients Legend: D=Dairy, E=Eggs, S=Soy, W=Wheat, C=Citrus							
Breastmilk or iron-Fortified Infant Formula (D. S) Infant Formula	ALPHA WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Breastmilk or Iron-Fortified Infant Formula (D, S) Iron Fortified Infant Formula (D, S) Iro	MEAL COMPONENT *	AGE	November 3, 2025	November 4, 2025	November 5, 2025	November 6, 2025	November 7, 2025	
Breastmilk 3 or Iron-Fortified Infant Cereal 6.5 or Months Infant Formula (D, S) Infant				BREAKFAST				
Iron Fortified Infant Cereal** 6.8 or Meat/Meat Alt Oatmeal Cereal (W) Oatmeal Cereal (
Oatmeal Cereal (W) Cereal (S) Oatmeal Cereal (W) Cereal (S) Oatmeal Cereal (W)		6-12 Months						
Life Cereal (W) Whole Grain French Toast Sticks (D, E, S, W) and Cinnamon (D) Streastmilk or Iron-Fortified Infant Formula (D, S) Shorths Iron-Fortified Infant Cereal Formula (D, S) Sliced Ham Black Beans Egg Patty (D, E, S) Teriyaki Diced Chicken (S, W, C) Sauce (C) Diced Peaches Potato Crackers (S, W) SNACK Breastmilk or Iron-Fortified Infant Formula (D, S) Infant For						<u> </u>	<u> </u>	
Life Cereal (W)	Vegetable/Fruit ^{6, 7}	6-12 Months	Bananas (JF)	Diced Pears	Bananas	Peaches (JF)	Blueberries	
Breastmilk or Iron-Fortified Infant Formula (D, S) Shonths Breastmilk or Iron-Fortified Infant Formula (D, S) Breastmilk or Iron-Fortified Infant Formula (D, S) Breastmilk or Iron-Fortified Infant Formula (D, S) Infant Formula (D, S)	·	6-12 MOILLIS	Life Cereal (W)			Rice Chex Cereal		
Infant Formula (D, S) Infa	LUNCH							
Sliced HamBlack BeansEgg Patty (D, E, S)Teriyaki Diced ChickenGround Turkey Spaghett		0-5 Months						
Meat/Meat Alt Vegetable/Fruit ^{6,7} Additional Component May Be Offered With Parent Permission ¹⁰ O-5 Months Grain Speak Infant Formula (D, S) Infant Formula	Infant Formula ^{+, +}	6-12 Months						
Additional Component May Be Offered With Parent Permission 10 SNACK Breastmilk 1-3 or Iron-Fortified Infant Formula (D, S) Grain 6-8-9 Whole Wheat Flour Tortilla (W) SNACK Breastmilk or Iron-Fortified Infant Formula (D, S) Whole Grain Spaghetti Noodles (W) Breastmilk or Iron-Fortified Infant Formula (D, S) Whole Wheat Biscuit (D, Fried Jasmine Rice (S, W) Moodles (W) SNACK Breastmilk or Iron-Fortified Infant Formula (D, S) Infant Formula (D, S) Whole Grain Sweet Infant Formula (D, S) Whole Grain Sweet Potato Crackers (S, W) Green Beans (JF) Carrots (JF) Cucumber Slices Dannon Light & Fit String Cheese (D)			Sliced Ham	Black Beans	Egg Patty (D, E, S)	I	Ground Turkey Spaghetti Sauce (C)	
Offered With Parent Permission 10 Tortilla (W) SNACK Breastmilk 1-3 or Iron-Fortified Infant Formula (D, S) Grain 6-8.9 Whole Grain Sweet Potato Crackers (S, W) Wegetable/Fruit 6-7 Additional Component May Be Tortilla (W) SNACK Breastmilk or Iron-Fortified Infant Formula (D, S) Breastmilk or Iron-Fortified Infant Formula (D, S) Infant Formula (D, S) Breastmilk or Iron-Fortified Infant Formula (D, S) Infant Formula (D, S) Breastmilk or Iron-Fortified Infant Formula (D, S) Infant Formula (D, S) Infant Formula (D, S) Cheerios Cereal — Whole Wheat Crackers (S, W) Whole Wheat Crackers (S, W) Sweet Potatoes (JF) Cucumber Slices — Dannon Light & Fit — String Cheese (D)		6-12 Months	Applesauce	Diced Peaches	Potato Medley	Crushed Pineapple (C)		
Breastmilk 3 or Iron-Fortified Infant Formula (D, S) G-12 Months Grain 5, 8, 9 Wegetable/Fruit 7 Additional Component May Be Breastmilk or Iron-Fortified Infant Formula (D, S) Infant Formula (D, S) Breastmilk or Iron-Fortified Infant Formula (D, S) Infant Formula (D, S) Breastmilk or Iron-Fortified Infant Formula (D, S) Infant Formula (D,						Fried Jasmine Rice (S, W)		
Infant Formula (D, S) Infa	SNACK							
Grain 6, 8, 9 Whole Grain Sweet Potato Crackers (S, W) Potato Crackers (S, W) Green Beans (JF) Carrots (JF) Cucumber Slices Dannon Light & Fit Whole Wheat Crackers Kix Cereal Whole Wheat Crackers Kix Cereal Diced Peaches Sweet Potatoes (JF) String Cheese (D)								
Potato Crackers (S, W) Segetable/Fruit ^{6, 7} Additional Component May Be Potato Crackers (S, W) Green Beans (JF) Carrots (JF) Diced Peaches Applesauce (JF) Sweet Potatoes (JF) Cucumber Slices Dannon Light & Fit String Cheese (D)		6-12 Months						
Additional Component May BeCucumber SlicesDannon Light & FitString Cheese (D)	Grain ^{6, 8, 9}			Rice Chex Cereal	Cheerios Cereal		Kix Cereal	
	Vegetable/Fruit ^{6, 7}	6-12 Months	Green Beans (JF)	Carrots (JF)	Diced Peaches	Applesauce (JF)	Sweet Potatoes (JF)	
				Cucumber Slices			String Cheese (D)	

JF=Infant Jar Food Revised 09/2025

Menus subject to change.

This instutition is an equal opportunity provider.

Substitutes available to children with food allergies or intolerances on CYP website. See "Allergy Substitutions."

Water is available throughout the day 11.

PARENTS: Place a check mark next to items your child has tried at home and can have while in care.			CHILDS NAME:				
Food Allergen Ingredients Le	gend: D=Da	iry, E=Eggs, S=Soy, W=Wl	neat, C=Citrus				
BRAVO WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MEAL COMPONENT	AGE	November 10, 2025	November 11, 2025	November 12, 2025	November 13, 2025	November 14, 2025	
			BREAKFAST				
Breastmilk ¹⁻³ or Iron-Fortified	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)		Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified	Breastmilk or Iron-Fortified	
nfant Formula ^{1, 4}	6-12 Months	illiant Formula (D, 3)		illiant Formula (b, 3)	Infant Formula (D, S)	Infant Formula (D, S)	
ron-Fortified Infant Cereal ^{4, 6, 8} or		Iron Fortified Infant Rice		Iron Fortified Infant Rice	Iron Fortified Infant	Iron Fortified Infant Rice	
Meat/Meat Alt		Cereal <mark>(S)</mark>			Oatmeal Cereal (W)	Cereal (S)	
/egetable/Fruit ^{6, 7}	6-12 Months	Pears (JF)		Crushed Pineapples (C)	Diced Peaches	Diced Mangoes	
Additional Component May Be Offered With Parent Permission ¹⁰	o 12 Months	Rice Crispy Cereal		Whole Wheat Pancakes (D, E, S, W)	Cheesy Grits (D, S, W)	Cheerios Cereal	
			LUNCH	T		T	
Breastmilk ¹⁻³ or Iron-Fortified	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)		Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	
nfant Formula ^{1, 4}	6-12 Months						
ron-Fortified Infant Cereal ^{4, 6, 8} or		String Cheese (D)	CLOSED	Shredded Chicken w/	Diced Chicken w/ BBQ	Ground Turkey Chili (C)	
Meat/Meat Alt				Mayo & Relish (E, S)	Sauce (C)		
Vegetable/Fruit ^{6, 7}	6-12 Months	Diced Carrots		Green Beans	Sweet Potatoes	Corn	
Additional Component May Be		Whole Wheat Bread (S,		Wheat Crackers (S,	Whole Wheat Biscuit (D,	Cornbread (D, E, S, W)	
Offered With Parent Permission ¹⁰		W) w/ Sunbutter & Jelly		W)	S, W)		
SNACK							
Breastmilk ¹⁻³ or Iron-Fortified	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)		Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	
nfant Formula ^{1, 4}	6-12 Months						
Grain ^{6, 8, 9}		Cheerios Cereal		Whole Wheat Crackers	Whole Grain Veggie	Whole Grain Sweet	
				(S, W)	Crackers (D, S, W)	Potato Crackers (S, W)	
Vegetable/Fruit ^{6, 7}	6-12 Months	Green Beans(JF)		Diced Peaches	Green Peas (JF)	Diced Pears	
Additional Component May Be Offered With Parent Permission ¹⁰				Dannon Light & Fit Vanilla Yogurt (D)	Cucumber Slices		

JF=Infant Jar Food

Revised 09/2025

Menus subject to change.

This institution is an equal opportunity provider.

Substitutes available to children with food allergies or intolerances on CYP website. See "Allergy Substitutions."

Water is available throughout the day 11.

PARENTS: Place a check mark next to items your child has tried at home and can have while in care.					CHILDS NAME:		
Food Allergen Ingredients Legend: D=Dairy, E=Eggs, S=Soy, W=Wheat, C=Citrus							
CHARLIE WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MEAL COMPONENT	AGE	November 17, 2025	November 18, 2025	November 19, 2025	November 20, 2025	November 21, 2025	
			BREAKFAST				
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1, 4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)				
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt	0-12 WORKINS	Iron Fortified Infant Oatmeal Cereal (W)	Iron Fortified Infant Rice Cereal (S)	Iron Fortified Infant Oatmeal Cereal (W)	Iron Fortified Infant Rice Cereal (S)	Iron Fortified Infant Oatmeal Cereal (W)	
Vegetable/Fruit ^{6, 7}	6-12 Months	Diced Peaches	Crushed Pineapple (C)	Bananas	Mandarin Oranges (C)	Blueberries	
Additional Component May Be Offered With Parent Permission ¹⁰		Cornflakes Cereal (W)	Egg Patty (D, E, S)	Kix Cereal	Cream of Wheat w/ Brown Sugar (D, W)	Whole Wheat Pancakes (D, E, S, W)	
			LUNCH				
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1, 4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)		Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	
	6-12 Months	Clina d Turdene	Disad Chishan/	Courbon Books (C)	Dieed Turkey w/ Crey	Canada Turkan Claran	
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt	6-12 Months	Sliced Turkey	Diced Chicken w/ Alfredo Sauce (D, S)	Cowboy Beans (C)	Diced Turkey w/ Gravy (D, S, W)	Ground Turkey Sloppy Joe (C)	
Vegetable/Fruit ^{6, 7}		Potato Salad (E,S)	Green Peas	Diced Carrots	Applesauce	Sweet Potatoes	
Additional Component May Be Offered With Parent Permission ¹⁰		Whole Wheat Pita Bread (W)	Linguini Noodles (W)	Cornbread (D, E, S, W)	Jasmine Rice	Whole Wheat Biscuit (D, S, W)	
SNACK							
Breastmilk ¹⁻³ or Iron-Fortified	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)				
Infant Formula ^{1, 4}	6-12 Months						
Grain ^{6, 8, 9}	6-12 Months	Kix Cereal	Whole Wheat Crackers (S, W)	Cheerios Cereal	Whole Wheat Pita Bread Wedges (W)	Rice Chex Cereal	
Vegetable/Fruit ^{6, 7}		Carrots (JF)	Sweet Potatoes (JF)	Diced Peaches	Squash (JF)	Green Peas(JF)	
Additional Component May Be Offered With Parent Permission ¹⁰			Cucumber Slices	Dannon Light & Fit Vanilla Yogurt (D)		String Cheese (D)	

JF= Infant Jar Food Revised 09/2025

List of substitutes available to children with food allergies or intolerances can be found on the CYP website.

Water is available throughout the day¹¹.

PARENTS: Place a check mark next to items your child has tried at home and can have while in care.					CHILDS NAME:		
Food Allergen Ingredients Legend: D=Dairy, E=Eggs, S=Soy, W=Wheat, C=Citrus							
ALPHA WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MEAL COMPONENT *	AGE	November 24, 2025	November 25, 2025	November 26, 2025	November 27, 2025	November 28, 2025	
			BREAKFAST				
Breastmilk ¹⁻³ or Iron-Fortified	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)			
Infant Formula ^{1, 4}	6-12 Months						
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt		Iron Fortified Infant Oatmeal Cereal <mark>(W)</mark>	Iron Fortified Infant Rice Cereal (S)	Iron Fortified Infant Oatmeal Cereal (W)			
Vegetable/Fruit ^{6, 7}	6-12 Months	Bananas (JF)	Diced Pears	Bananas			
Additional Component May Be Offered With Parent Permission ¹⁰		Life Cereal (W)	Whole Grain French Toast Sticks (D, E, S, W)	Oatmeal w/ Brown Sugar and Cinnamon (D)			
LUNCH							
Breastmilk ¹⁻³ or Iron-Fortified	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)			
Infant Formula ^{1, 4}	6-12 Months						
Iron-Fortified Infant Cereal ^{4, 6, 8} or <u>Meat/Meat Alt</u>	6-12 Months	Sliced Ham	Black Beans	Egg Patty (D, E, S)	CLOSED	CLOSED	
Vegetable/Fruit ^{6, 7}		Applesauce	Diced Peaches	Potato Medley			
Additional Component May Be Offered With Parent Permission ¹⁰		Whole Wheat Flour Tortilla <mark>(W)</mark>	Jasmine Rice	Whole Wheat Biscuit (D, S, W)			
			SNACK				
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1, 4}	0-5 Months 6-12 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)			
Grain ^{6, 8, 9}		Whole Grain Sweet Potato Crackers (S, W)	Rice Chex Cereal	Cheerios Cereal			
Vegetable/Fruit ^{6, 7}	6-12 Months	Green Beans (JF)	Carrots (JF)	Diced Peaches			
Additional Component May Be Offered With Parent Permission ¹⁰			Cucumber Slices	Dannon Light & Fit Vanilla Yogurt (D)			

JF=Infant Jar Food Revised 09/2025

Menus subject to change.

This instutition is an equal opportunity provider.