

Meal Pattern Requirements: Infants, Birth to 12 Months



BREAKFAST, LUNCH AND SUPPER: Serve 3 Components

- Only offer solid foods to infants if they are developmentally ready.

Components	Birth – 5 Months	6 – 12 Months
Breast Milk or Infant Formula and	4 - 6 fluid ounces	6 - 8 fluid ounces
Grains or Meat/Meat alternates, or a combination		
• Infant Cereal or	None	0 – ½ ounce equivalent (4 Tablespoons)
• Meat, poultry, egg, fish, cooked dry peas or beans or	None	0 - 4 Tablespoons
• Cheese or	None	0 - 2 ounces
• Cottage cheese or	None	0 - 4 ounces (volume)
• Yogurt	None	0 - 4 ounces
Fruit or vegetable or a combination of both	None	0 - 2 Tablespoons

SNACK: Serve 3 Components

- Only offer solid foods to infants if they are developmentally ready.

Components	Birth – 5 Months	6 – 12 Months
Breast Milk or Infant Formula and	4 - 6 fluid ounces	2 - 4 fluid ounces
Grain	None	Required once developmentally ready
• Infant Cereal or	None	0 - ½ ounce equivalent (4 Tablespoons)
• Bread or	None	0 - ½ ounce equivalent (½ slice)
• Crackers or	None	0 – ¼ ounce equivalent
• Ready-to-eat breakfast cereal and	None	0 - ¼ ounce equivalent <ul style="list-style-type: none"> • flakes or rounds: ¼ cup or 4 Tablespoons • puffed: ⅓ cup or 5 Tablespoons
Vegetable or fruit or a combination of both	None	0 - 2 Tablespoons

Key Infant Meal Pattern Requirements:

1. Breast milk or formula, or portions of both, may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.
2. Infant formula and dry infant cereal must be iron-fortified. The formula must be intended as the sole source of food for normal, healthy infants, and must be served in the liquid state at the manufacturer's recommended dilution.
3. All grains served must be enriched, fortified, or whole grain-rich.
4. Ounce equivalents (oz eq) are used to determine the quantity of creditable grains. Refer to the USDA Training Worksheet: [Feeding Infants Using Ounce Equivalents for Grains in the CACFP](#).
5. Nuts, seeds, or nut butters are not allowed as a meat alternate for infants.
6. Yogurt may contain no more than 15 grams sugar per 4 oz serving, 23 grams sugar per 6 oz serving. Use the USDA worksheet: [Choose Yogurts That are Lower in Sugar](#).
7. Fruit or vegetable juices may not be substituted for the fruit or vegetable requirement.
8. Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce. Use the USDA worksheet: [Choose Breakfast Cereals That are Lower in Sugar](#) or refer to the [WIC Authorized Foods list](#).
9. Products labeled, "cheese food," "cheese spread," and "cheese product" are not creditable under the infant meal pattern.

For more information, visit:

- The USDA Food and Nutrition Services website for [CACFP Training Tools](#)
- The USDA [Food Buying Guide](#)



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