Child and Adult Care Food Program

INFANT MEAL PATTERN

INSTITUTE OF
CHILD NUTRITION
RESOURCES • TRAINING • RESEARCH
<table>
<thead>
<tr>
<th>Birth through 5 months</th>
<th>6 through 11 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-6 fluid ounces breastmilk(^1) or formula(^2)</td>
<td>6-8 fluid ounces breastmilk(^1) or formula(^2); and</td>
</tr>
<tr>
<td>0-2 tablespoons infant cereal(^2,3), meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or (\frac{1}{2}) cup of yogurt(^4); or a combination of the above(^5); and</td>
<td>0-2 tablespoons vegetable or fruit or a combination of both(^5,6)</td>
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\(^1\) 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 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.

\(^2\) Infant formula and dry infant cereal must be iron-fortified.

\(^3\) Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains.

\(^4\) Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

\(^5\) A serving of this component is required when the infant is developmentally ready to accept it.

\(^6\) Fruit and vegetable juices must not be served.
Birth through 5 months | 6 through 11 months
---|---
4-6 fluid ounces breastmilk\(^1\) or formula\(^2\) | 6-8 fluid ounces breastmilk\(^1\) or formula\(^2\); \textit{and}

0-4 tablespoons infant cereal\(^2,3\), meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or
0-2 ounces of cheese; or
0-4 ounces (volume) of cottage cheese; or
0-4 ounces or \(\frac{1}{2}\) cup of yogurt\(^4\); or
a combination of the above\(^5\); \textit{and}

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<td>4-6 fluid ounces breastmilk¹ or formula²; <strong>and</strong></td>
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<td>0-½ slice bread³,⁴; or 0-2 crackers³,⁴; or 0-4 tablespoons infant cereal²,³,⁴; or ready-to-eat breakfast cereal³,⁴,⁵,⁶; <strong>and</strong></td>
<td>0-½ slice bread³,⁴; or 0-2 crackers³,⁴; or 0-4 tablespoons infant cereal²,³,⁴; or ready-to-eat breakfast cereal³,⁴,⁵,⁶; <strong>and</strong></td>
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² Infant formula and dry infant cereal must be iron-fortified.

³ Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains.

⁴ A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁵ 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).

⁶ A serving of this component is required when the infant is developmentally ready to accept it.

⁷ Fruit and vegetable juices must not be served.