

Child and Adult Care Food Program

# INFANT MEAL PATTERN



# Breakfast

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup>	6-8 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup> ; <b>and</b>
	0 to ½ ounce equivalent (0-4 tablespoons) infant cereal <sup>2,3</sup> ; or
	0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, cooked dry peas; or
	0-2 ounces of cheese; or
	0-4 ounces (volume) of cottage cheese; or
	0-4 ounces or ½ cup of yogurt (regular and soy) <sup>4</sup> ; or
	0-4 tablespoons (¼ cup) or 2.2 ounces tofu <sup>5</sup> ; or a combination of the above <sup>6</sup> ; <b>and</b>
	0-2 tablespoons vegetable or fruit or a combination of both <sup>6,7</sup>

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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 Ounce equivalents (oz eq) are used to determine the quantity of creditable grains.
  - 4 Yogurt (regular and soy) must contain no more than 12 grams of added sugars per 6 ounces.
  - 5 Tofu must be commercially prepared, and the minimum serving amount for infants 6 through 11 months must contain at least 5 grams of protein.
  - 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.

# Lunch and Supper

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup>	6-8 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup> ; <b>and</b>
	0 to ½ ounce equivalent (0-4 tablespoons) infant cereal <sup>2,3</sup> ; or
	0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, cooked dry peas; or
	0-2 ounces of cheese; or
	0-4 ounces (volume) of cottage cheese; or
	0-4 ounces or ½ cup of yogurt (regular and soy) <sup>4</sup> ; or
	0-4 tablespoons (¼ cup) or 2.2 ounces tofu <sup>5</sup> ; or a combination of the above <sup>6</sup> ; <b>and</b>
	0-2 tablespoons vegetable or fruit or a combination of both <sup>6,7</sup>

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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 Ounce equivalents (oz eq) are used to determine the quantity of creditable grains.
  - 4 Yogurt (regular and soy) must contain no more than 12 grams of added sugars per 6 ounces.
  - 5 Tofu must be commercially prepared, and the minimum serving amount for infants 6 through 11 months must contain at least 5 grams of protein.
  - 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.

# Snack

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup>	2-4 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup> ; <b>and</b>
	0-½ oz eq bread or bread-like items <sup>3,4</sup> ; or
	0-¼ oz eq crackers <sup>3,4</sup> ; or
	0-½ oz eq (4 tablespoons) infant cereal <sup>2,3,4</sup> ; or 0-¼ oz eq ready-to-eat breakfast cereal <sup>3,4,5,6</sup> ; <b>and</b>
	0-2 tablespoons vegetable or fruit or a combination of both <sup>6,7</sup>

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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 Ounce equivalents (oz eq) 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 added sugars per dry ounce.
  - 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.

## Infant Meal Pattern

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