

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>	<p>6-8 fluid ounces breastmilk<sup>1</sup> or formula<sup>2</sup>; <b>and</b></p> <p>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, or            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<sup>4</sup>;            or a combination of the above<sup>5</sup>; <b>and</b></p> <p>0-2 tablespoons vegetable or fruit            or a combination of both<sup>5,6</sup></p>

<sup>1</sup> 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.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> Ounce equivalents (oz eq) are used to determine the quantity of creditable grains.

<sup>4</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>5</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>6</sup> 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>	<p>6-8 fluid ounces breastmilk<sup>1</sup> or formula<sup>2</sup>; <b>and</b></p> <p>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, or            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<sup>4</sup>;            or a combination of the above<sup>5</sup>; <b>and</b></p> <p>0-2 tablespoons vegetable or fruit            or a combination of both<sup>5,6</sup></p>

<sup>1</sup> 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.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> Ounce equivalents (oz eq) are used to determine the quantity of creditable grains.

<sup>4</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>5</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>6</sup> 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>

<sup>1</sup> 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.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> Ounce equivalents (oz eq) are used to determine the quantity of creditable grains.

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

<sup>5</sup> 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).

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

<sup>7</sup> Fruit and vegetable juices must not be served.

## Infant Meal Pattern

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