

Child and Adult Care Food Program

INFANT MEAL PATTERN



breakfast

| 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 ; and 0 to ½ ounce equivalent (0-4 tablespoons) infant cereal ^{2,3} 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 ⁴ ; or a combination of the above ⁵ ; and 0-2 tablespoons vegetable or fruit or a combination of both ^{5,6} |

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 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.

lunch and supper

| 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 ; and |
| | 0 to ½ ounce equivalent (0-4 tablespoons) infant cereal ^{2,3} 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 ⁴ ; or a combination of the above ⁵ ; and |
| | 0-2 tablespoons vegetable or fruit or a combination of both ^{5,6} |

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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.

snack

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

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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 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.

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