

Child & Adult Care Food Program - Infant Meal Pattern Chart

	Birth – 5 Months	6 – 11 Months
Breakfast/Lunch/Supper	4 – 6 fluid ounces breastmilk or formula	6 – 8 fluid ounces breastmilk or formula AND 0 – 4 tablespoons infant cereal, 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 OR a combination of the above AND 0 – 2 tablespoons vegetable or fruit OR a combination of both
Snack	4 – 6 fluid ounces breastmilk or formula	2-4 fluid ounces breastmilk or formula AND 0 – ½ slice bread OR 0 – 2 crackers OR 0 – 4 tablespoons infant cereal or ready-to-eat breakfast cereal AND 0 – 2 tablespoons vegetable fruit OR a combination of both

- 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 later (if the infant will consume more).
- Infant formula and dry infant cereal must be iron-fortified.
- Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- Each component is required when the infant is developmentally ready to accept it.
- Fruit and vegetable juices may not be served.