

# Infant Meal Pattern for CACFP

## Child and Adult Care Food Program

Infants 0-5 Months Meal Pattern Breastmilk or Iron-Fortified Infant Formula			
Meal	Required Component	Minimum Serving Size	Additional Information
Breakfast, Lunch, Supper, and Snacks	Breastmilk/Formula	4-6 fluid ounces (oz) breastmilk or formula	Formula must be iron-fortified.

Infants 6 through 11 Months Meal Pattern Breastmilk or Formula + Solid Foods Based on Developmental Readiness			
Meal	Required Component	Minimum Serving Size	Additional Information
Breakfast, Lunch, Supper	Breastmilk/Formula	6-8 fluid oz breastmilk or formula	Formula must be iron-fortified.
	Infant Cereal or Meat/Meat Alternate*	0-½ oz equivalent (oz eq) infant cereal; or 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, cooked dry peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz or ½ cup yogurt; or a combination of the above	Infant cereal must be iron-fortified. Through 9/30/25, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By 10/1/25, yogurt must contain no more than 12 grams of added sugars per 6 ounces.
	Fruit and/or Vegetable*	0-2 tablespoons vegetable or fruit, or a combination of both	Fruit or vegetable juice cannot be served.
Snacks	Breastmilk/Formula	2-4 fluid oz breastmilk or formula	Formula must be iron-fortified.
	Enriched or Whole Grain*	0-½ oz eq bread; or 0-¼ oz eq crackers; or 0-½ oz eq infant cereal; or 0-¼ oz eq ready-to-eat breakfast cereal	All grains served must be enriched, fortified, or whole grain-rich. Infant cereal must be iron-fortified. Through 9/30/25, breakfast cereals must contain no more than 6 grams of total sugars per dry oz. By 10/1/25, they must contain no more than 6 grams of added sugars per dry oz.
	Fruit and/or Vegetable*	0-2 tablespoons vegetable or fruit, or a combination of both	Fruit or vegetable juice cannot be served.

\*A serving of these components is required when an infant is developmentally ready to accept it.