

# Infant Meal Pattern for CACFP

## Child and Adult Care Food Program

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

Infants 6-11 Months Meal Pattern			
Breastmilk or Formula + Solid Foods Based on Developmental Readiness			
Meal	Required Component	Minimum Serving Size	Additional Information
Breakfast, Lunch, and Supper	Breastmilk/Formula	6-8 fluid ounces breastmilk or formula	Formula must be iron-fortified.
	Infant Cereal or Meat/Meat Alternate*	0-1/2 ounce equivalent infant cereal; or 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, cooked dry peas; or 0-2 ounces cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above	Infant cereal must be iron-fortified. Cheese food/spread cannot be served. Yogurt must not have more than 23 grams of sugar per 6 ounces.
	Fruit and/or Vegetable*	0-2 tablespoons vegetable or fruit, or a combination of both	Fruit or vegetable juice <u>cannot</u> be served.

Snack	Breastmilk/Formula	2-4 fluid ounces breastmilk or formula	Formula must be iron-fortified.
	Enriched or Whole Grain*	0-1/2 ounce equivalent bread; or 0-1/4 ounce equivalent crackers; or 0-1/2 ounce equivalent infant cereal; or 0-1/4 ounce equivalent ready-to-eat breakfast cereal	All grains served must be enriched, fortified, or whole grain-rich. Infant cereal must be iron-fortified. Ready-to-eat breakfast cereals cannot have more than 6 grams of sugar per dry ounce.
	Fruit and/or Vegetable*	0-2 tablespoons vegetable or fruit, or a combination of both	Fruit or vegetable juice <u>cannot</u> be served.

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