

Child and Adult Care Food Program Infant Meal Patterns

Food Components and Food Items	Birth through 5 months	6 through 11 months
Breakfast, Lunch and Supper	<ul style="list-style-type: none"> 4-6 fluid ounces breastmilk¹ or formula² 	<ul style="list-style-type: none"> 6-8 fluid ounces breastmilk¹ or formula² 0-4 tablespoons infant cereal^{2,3}, 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 0-1/2 cup of yogurt⁴, or a combination of the above⁵ <p>And</p> <ul style="list-style-type: none"> 0-2 tablespoons vegetable or fruit³ or a combination of both^{5,6}
Snack	<ul style="list-style-type: none"> 4-6 fluid ounces breastmilk¹ or formula² 	<ul style="list-style-type: none"> 2-4 fluid ounces breastmilk¹ or formula² <p>And</p> <ul style="list-style-type: none"> 0-1/2 slice bread^{3,7}; or 0-2 crackers^{3,7}; or 0-4 tablespoons infant cereal^{2,3,7}, or ready-to-eat breakfast cereal^{3,5,7,8} <p>And</p> <ul style="list-style-type: none"> 0-2 tablespoons vegetable or fruit or a combination of both^{5,6}

¹Breastmilk or formula, or portions of both, may 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.

²Infant formula and dry infant cereal must be iron-fortified.

³Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁴Yogurt must contain no more than 23 grams of total sugars per six ounces.

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

⁶Fruit and vegetable juice must not be served.

⁷A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁸Breakfast cereals must contain no more than six grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).