

Meal Pattern for Infants

Child and Adult Care Food Program

	Birth through 5 months	6 through 11 months
BREAKFAST		
Breast Milk ¹ or Iron Fortified Infant Formula ²	4-6 fluid ounces	6-8 fluid ounces
Iron Fortified Dry Infant Cereal ^{2 3} and/or Meat, Fish, Poultry, Egg, or Cooked Dry Beans or Cooked, Dry Peas or Cheese or Cottage Cheese or Yogurt ⁴ or Any combination of the above	----	0-4 tablespoons 0-4 tablespoons 0-2 ounces 0-4 ounces (volume) 0-8 ounces or 1 cup
Fruit and/or Vegetable ^{3 5}	----	0-2 tablespoons
SNACK (AM, PM, EVE)		
Breast Milk ¹ or Iron Fortified Infant Formula ²	4-6 fluid ounces	2-4 fluid ounces
Bread ^{3 6} or Crackers ⁶ or Ready-to-eat breakfast cereal ^{6 7} or Iron Fortified Dry Infant Cereal ^{2 6}	----	0-½ slice 0-2 crackers 0-4 tablespoons 0-4 tablespoons
Fruit and/or Vegetable ^{3 5}	----	0-2 tablespoons
LUNCH OR SUPPER		
Breast Milk ¹ or Iron Fortified Infant Formula ²	4-6 fluid ounces	6-8 fluid ounces
Iron Fortified Dry Infant Cereal ^{2 3} and/or Meat, Fish, Poultry, Egg, or Cooked Dry Beans or Cooked, Dry Peas or Cheese or Cottage Cheese or Yogurt ⁴ or Any combination of the above	----	0-4 tablespoons 0-4 tablespoons 0-2 ounces 0-4 ounces (volume) 0-8 ounces or 1 cup
Fruit and/or Vegetable ^{3 5}	----	0-2 tablespoons

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 later if the infant will consume more.

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

³ A serving of this component is required when the infant is developmentally ready to accept it and the parent agrees.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounce serving.

⁵ Fruit and vegetable juices are not allowed.

⁶ A serving of grains must be whole grain rich, enriched meal, or enriched flour.

⁷ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).