

**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 And 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 ½ cup of yogurt⁴; or a combination of the above⁵ And 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 And 0-½ 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} And 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 breast milk 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 6 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 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

This institution is an equal opportunity provider.