

## CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERN FOR INFANTS

|                                     | BIRTH THROUGH FIVE MONTHS   | SIX THROUGH ELEVEN MONTHS   |
|-------------------------------------|---|---|
| <b>BREAKFAST, LUNCH, AND SUPPER</b> | 4 TO 6 FLUID (FL) OUNCE (OZ)<br>BREAST MILK <sup>1</sup><br>OR FORMULA <sup>2</sup> | 6 TO 8 FL OZ BREAST MILK <sup>1</sup><br>OR FORMULA <sup>2</sup> AND<br><br>0 TO 4 TABLESPOON (TBSP) INFANT CEREAL <sup>2,3</sup><br>MEAT, FISH,<br>POULTRY, WHOLE EGG,<br>COOKED DRY BEANS OR<br>COOKED DRY PEAS OR<br>CHEESE OR<br>0 TO 2 OZ YOGURT <sup>4</sup> OR<br>0 TO 4 OZ (½ CUP) COMBINATION OF THE ABOVE <sup>5</sup> AND<br><br>0 TO 2 TBSP FRUIT, VEGETABLE, OR COMBINATION OF BOTH <sup>5,6</sup> |
| <b>SNACK</b>                        | 4 TO 6 FL OZ BREAST MILK <sup>1</sup><br>OR FORMULA <sup>2</sup>                    | 2 TO 4 FL OZ BREAST MILK <sup>1</sup><br>OR FORMULA <sup>2</sup> AND<br><br>0 TO ½ SLICE BREAD <sup>3,7</sup> OR<br>0 TO 2 CRACKERS <sup>3,7</sup> OR<br>0 TO 4 TBSP INFANT CEREAL <sup>2,3,7</sup> OR<br>READY-TO-EAT BREAKFAST CEREAL <sup>3,5,7,8</sup> AND<br><br>0 TO 2 TBSP FRUIT, VEGETABLE, OR COMBINATION OF BOTH <sup>5,6</sup>   |

<sup>1</sup> 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 at a later time if the infant will consume more.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> Beginning October 1, 2019, oz equivalents (eq) are used to determine the quantity of creditable grains.

<sup>4</sup> Yogurt must contain no more than 23 grams (g) of total sugars per 6 oz.

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

<sup>6</sup> Fruit and vegetable juices must not be served.

<sup>7</sup> A serving of grains must be whole grain-rich (WGR), enriched meal, or enriched flour.

<sup>8</sup> Breakfast cereals must contain no more than 6 g of sugar per dry oz (no more than 21 g sucrose and other sugars per 100 g of dry cereal).