

# CACFP INFANT MEAL PATTERN

## INFANT FOOD CHART

11/2016

Utah State Board of Education

| <b>BREAKFAST, LUNCH AND SUPPER</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>0-5 MONTHS</b> | <b>6 MONTHS TO 1<sup>ST</sup> BIRTHDAY</b>                                                                                                                                                                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breast Milk or Iron Fortified Formula</b><br>Or portions of both                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 4-6 ounces        | 6-8 ounces                                                                                                                                                                                                                                                                                                      |
| <b>Vegetables or Fruits</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                   | 0-4 Tbsp.<br>Vegetable or Fruit or both                                                                                                                                                                                                                                                                         |
| <b>Meat or Meat Alternate</b>  Dry infant cereal  Cooked dry peas (lentils)  Meat  Cooked dry beans  Fish  Cheese  Poultry  Cottage cheese  Whole egg  Yogurt |                   | <b>Choose at least one of the following:</b><br><br>0-4 Tbsp of:<br>(1) Dry infant cereal<br>(2) Meat<br>(3) Fish<br>(4) Poultry<br>(5) Whole egg<br>(6) Cooked dry peas<br>(7) Cooked dry beans<br><br>OR<br>(8) 0-2 ounces cheese<br>(9) 0-4 ounces (0-8 T) cottage cheese<br>(10) 0-8 ounces (8oz=1c) yogurt |
| <b>SNACK</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>0-5 MONTHS</b> | <b>6 MONTHS TO 1<sup>ST</sup> BIRTHDAY</b>                                                                                                                                                                                                                                                                      |
| <b>Breast Milk or Iron Fortified Formula</b><br>Or portions of both                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 4-6 ounces        | 2-4 ounces                                                                                                                                                                                                                                                                                                      |
| <b>Vegetable or Fruit</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                   | 0-2 Tbsp<br>Vegetable or Fruit or both                                                                                                                                                                                                                                                                          |
| <b>Whole Grain, Whole Grain-rich, or Enriched Bread or Crackers, Dry infant cereal or Ready-to-eat cereal</b>  Crusty Bread  Cracker  Dry infant cereal  Ready to eat Cereal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                   | <b>Choose one:</b><br>(1) 0 - ½ slice of crusty bread<br>(2) 0-2 crackers<br>(3) 0 - 4 Tbsp (1/4 c) dry infant cereal or ready-to-eat breakfast cereal                                                                                                                                                          |

- \* Breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, may be served less than the minimum amount of breastmilk, with additional breastmilk offered at a later time .
- \* All foods (other than formula or breast milk) must be served as soon as the infant is developmentally ready. Infants should be receiving what they normally eat at home (item must be creditable for the food program).
- \* Infant formula and dry infant cereal must be iron fortified.
- \*Only fluid formula is creditable. Infant cereal must be made with formula.
- \* Yogurt must contain no more than 23 grams of total sugars per 6 ounces. \*1 ounce of yogurt or cottage cheese = 2 Tablespoons.
- \* Juice, whether fruit or vegetable, must not be served.
- \* Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.