# Child and Adult Care Food Program

## Infant Meal Pattern

<table>
<thead>
<tr>
<th>Breakfast, Lunch, Supper</th>
<th>0-5 Months</th>
<th>6 Months to 1st Birthday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast Milk¹ or Iron Fortified Formula² Or portions of both</td>
<td>4-6 ounces</td>
<td>6-8 ounces</td>
</tr>
<tr>
<td>Vegetables or Fruits⁴,⁵ (no juice)</td>
<td>Not required for this age group.</td>
<td>0-2 Tbsp. Vegetable or Fruit or both</td>
</tr>
<tr>
<td>Meat or Meat Alternate (choose one)⁴</td>
<td></td>
<td>Choose at least one of the following:</td>
</tr>
</tbody>
</table>

- 0-4 Tbsp of:
  - Dry infant cereal
  - Meat
  - Fish
  - Poultry
  - Whole egg
  - Cooked dry peas
  - Cooked dry beans
  OR
  - 0-2 ounces cheese
  - 0-4 ounces cottage cheese
  - 0-4 ounces dairy yogurt
  (1 oz = 2 Tbsp) (4oz = 1/2 c)

## Snack

<table>
<thead>
<tr>
<th>0-5 Months</th>
<th>6 Months to 1st Birthday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast Milk¹ or Iron Fortified Formula² Or portions of both</td>
<td>4-6 ounces</td>
</tr>
<tr>
<td>Vegetable or Fruit⁵,⁶ (no juice)</td>
<td>Not required for this age group.</td>
</tr>
<tr>
<td>Bread or Crackers, Dry infant cereal² or Ready-to-eat cereal³,⁴,⁵</td>
<td></td>
</tr>
</tbody>
</table>

- 0 - ½ slice of bread
- 0-2 crackers
- 0 - 4 Tbsp (1/4 c) dry infant cereal or ready-to-eat breakfast cereal

---

**See reverse for superscript explanations**
**BREAKFAST, LUNCH, SUPPER**

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 at a later time if the infant will consume more.
2. Infant formula and dry infant cereal must be iron-fortified.
3. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
4. A serving of this component is required when the infant is developmentally ready to accept it.
5. Fruit and vegetable juices must not be served.

**SNACK**

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 at a later time if the infant will consume more.
2. Infant formula and dry infant cereal must be iron-fortified.
3. A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
4. Breakfast 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).
5. A serving of this component is required when the infant is developmentally ready to accept it.
6. Fruit and vegetable juices must not be served.