

CACFP - Infant Meal Pattern

	Birth through 5 months	6 through 11 months
Breakfast / Lunch / Supper	4-6 fluid ounces breastmilk or formula	6-8 fluid ounces breastmilk or formula; AND 0-4 tablespoons infant cereal, 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 yogurt; or a combination of the above; AND 0-2 tablespoons vegetable or fruit, or a combination of both
	Birth through 5 months	6 through 11 months
Snack	4-6 fluid ounces breastmilk or formula	2-4 fluid ounces breastmilk or formula; AND 0-½ slice bread; or 0-2 crackers; or 0-4 tablespoons infant cereal or ready-to-eat breakfast cereal; AND 0-2 tablespoons vegetable or fruit, or a combination of both

- 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.
- Infant formula and dry infant cereal must be iron-fortified.
- Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- Each component is required when the infant is developmentally ready to accept it.
- Fruit and vegetable juices may not be served.