Child and Adult Care Food Program Meal Pattern Requirements for Infants

Age	Breakfast	Lunch and Supper	Snack	
Birth through 3 months	4-6 fluid ounces formula ¹ or breast milk ² , $_{3}$	4-6 fluid ounces formula ¹ or breast milk ^{2, 3}	4-6 fluid ounces formula ¹ or breast milk ^{2, 3}	
4 months through 7 months	4-8 fluid ounces formula ¹ or breast milk ^{2, 3}	4-8 fluid ounces formula ¹ or breast milk ^{2, 3}	4-8 fluid ounces formula ¹ or breast milk ^{2, 3}	
	0-3 tablespoons infant cereal ^{1, 4}	0-3 tablespoons infant cereal ^{1, 4}		
		0-3 tablespoons fruit and/or vegetable ⁴		
8 months up to first birthday	$\begin{array}{c} 6-8 \text{ fluid ounces} \\ \text{formula}^1 \text{ or breast milk}^{2,} \\ 3 \end{array}$	6-8 fluid ounces formula ¹ or breast milk ^{2, 3}	2-4 fluid ounces formula ¹ or breast milk ^{2, 3} or fruit juice ⁵	
	2-4 tablespoons infant cereal ¹	2-4 tablespoons infant cereal ¹ and/or 1-4 tablespoons meat, fish,	0-1/2 slice bread ^{4, 6} or 0-2 crackers ^{4, 6}	
	1-4 tablespoons fruit and/or vegetable	poultry, egg yolk, or cooked dry beans or peas or ½-2 ounces cheese, or 1-4		
		tablespoons cottage cheese, cheese food or cheese spread.		
		1-4 tablespoons fruit and/or vegetable		

¹ Infant formula and dry infant cereal shall be iron-fortified.

² It is recommended that breast milk be served in place of formula from birth through 11 months.

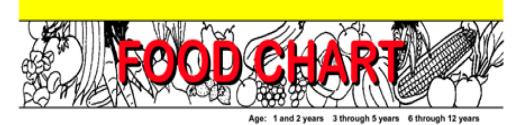
³ For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk if the infant is still hungry.

⁴ A serving of this component shall be optional.

⁵ Fruit juice shall be full-strength.

⁶ Bread and bread alternates shall be made from whole-grain or enriched meal or flour.

Breakfast and lunch for <u>8-11 month olds</u> must contain at least three of the components listed above to be creditable.



Fluid milk	D ½cup	🗭 %cup	🗭 1 cup		
100% Juice or fruit or vegetable	₽ ¼cup	D ½cup	₽ ½cup		
Bread or bread alternate	½ slice*	½slice*	1 slice*		
or cold dry cereal	(or ½cup		(or 1oz		
or cooked cereal	S Vicup	Se Vá cup	😂 ½ cup		
SNACK Select two of the following four components**					
Fluid milk	🗣 ½ cup	🗣 ½ cup	🗭 1 cup		
100% Juice or fruit or vegetable	🗩 ½ cup	D ½ cup	🗭 ¾ cup		
Meat or meat alternate	/2 ounce	✓ ½ ounce	ounce 🖌		
Bread, bread alternate, or cereal	Veslice*	½slice*	1 slice*		

4	Fluid milk	D Vicup	D % cup	1 cup
1	Meat or poultry or fish	1 ounce	1½ ounce	1 2 ounces
	or cheese	1 ounce	1½ounce	2 ounces
	or cottage cheese, cheese food, or cheese spread	2 ounces (¼ cup)	3 ounces (% cup)	4 ounces (½ cup)
	or egg	0 1	0 1	0 1
	or cooked dry beans or peas	Vi cup	🗭 % cup	🗭 ½ cup
	or peanut butter, soynut butter or nut or seed butters.	2 T.	3Т.	4T.
	or peanuts, soynuts, tree nuts or seeds	<i>@</i> ₽ ½ oz. = 50	% 🥰 ¾ oz. = 509	6 00 1 oz. = 50%
	or yogurt***	(4 oz.)	% cup (6 oz.)	1 cup (8 oz.)
۲	Vegetables &/or fruits (2 or more)	Total	Total	Total
	Bread or bread alternate	½ sice	1/2 slice*	1 slice*
mbread	valent serving of an acceptable bread alternate such a biscuits, rolls, muffins, etc., made of whole-grain or	only	nack, juice may not be serv	ved when milk is served as

compresa, oricuits, roits, numes, etc., made or whole-grain or or or or enriched meal or flour, or a serving of cooked enriched or wholegrain rice or macaroni or other pasta products. ne

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*** or any equivalent quantity of any combination of the above meatimeat alternates.

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