

**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 <sup>1</sup> or breast milk <sup>2,3</sup>	4-6 fluid ounces formula <sup>1</sup> or breast milk <sup>2,3</sup>	4-6 fluid ounces formula <sup>1</sup> or breast milk <sup>2,3</sup>
4 months through 7 months	4-8 fluid ounces formula <sup>1</sup> or breast milk <sup>2,3</sup>  0-3 tablespoons infant cereal <sup>1,4</sup>	4-8 fluid ounces formula <sup>1</sup> or breast milk <sup>2,3</sup>  0-3 tablespoons infant cereal <sup>1,4</sup>  0-3 tablespoons fruit and/or vegetable <sup>4</sup>	4-8 fluid ounces formula <sup>1</sup> or breast milk <sup>2,3</sup>
8 months up to first birthday	6-8 fluid ounces formula <sup>1</sup> or breast milk <sup>2,3</sup>  2-4 tablespoons infant cereal <sup>1</sup>  1-4 tablespoons fruit and/or vegetable	6-8 fluid ounces formula <sup>1</sup> or breast milk <sup>2,3</sup>  2-4 tablespoons infant cereal <sup>1</sup> <b>and/or</b> 1-4 tablespoons meat, fish, poultry, egg yolk, or cooked dry beans or peas <b>or</b> ½-2 ounces cheese, <b>or</b> 1-4 tablespoons cottage cheese, cheese food or cheese spread.  1-4 tablespoons fruit and/or vegetable	2-4 fluid ounces formula <sup>1</sup> or breast milk <sup>2,3</sup> or fruit juice <sup>5</sup>  0-1/2 slice bread <sup>4,6</sup> or 0-2 crackers <sup>4,6</sup>

<sup>1</sup> Infant formula and dry infant cereal shall be iron-fortified.

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

<sup>3</sup> 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.

<sup>4</sup> A serving of this component shall be optional.

<sup>5</sup> Fruit juice shall be full-strength.



















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

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

# FOOD CHART

















Age: 1 and 2 years    3 through 5 years    6 through 12 years

## BREAKFAST






































 Fluid milk	 1/2 cup	 3/4 cup	 1 cup
 100% Juice or fruit or vegetable	 1/4 cup	 1/2 cup	 3/4 cup
 Bread or bread alternate	 1/2 slice*	 1/2 slice*	 1 slice*
or cold dry cereal	 1/4 cup (or 1/2 oz.)	 1/2 cup (or 1/2 oz.)	 3/4 cup (or 1 oz.)
or cooked cereal	 1/4 cup	 1/4 cup	 1/2 cup

## SNACK

Select two of the following four components\*\*

 Fluid milk	 1/2 cup	 1/2 cup	 1 cup
 100% Juice or fruit or vegetable	 1/2 cup	 1/2 cup	 3/4 cup
 Meat or meat alternate	 1/2 ounce	 1/2 ounce	 1 ounce
 Bread, bread alternate, or cereal	 1/2 slice*	 1/2 slice*	 1 slice*

## LUNCH/SUPPER

 Fluid milk	 1/2 cup	 3/4 cup	 1 cup
 Meat or poultry or fish	 1 ounce	 1 1/2 ounce	 2 ounces
or cheese	 1 ounce	 1 1/2 ounce	 2 ounces
or cottage cheese, cheese food, or cheese spread	 2 ounces (1/4 cup)	 3 ounces (1/2 cup)	 4 ounces (1/2 cup)
or egg	 1	 1	 1
or cooked dry beans or peas	 1/4 cup	 3/4 cup	 1/2 cup
or peanut butter, soy nut butter or nut or seed butters,	 2T.	 3T.	 4T.
or peanuts, soy nuts, tree nuts or seeds	 1/2 oz. = 50%	 3/4 oz. = 50%	 1 oz. = 50%
or yogurt***	 1/2 cup (4 oz.)	 3/4 cup (6 oz.)	 1 cup (8 oz.)
 Vegetables &/or fruits (2 or more)	 1/4 cup Total	 1/2 cup Total	 3/4 cup Total
 Bread or bread alternate	 1/2 slice*	 1/2 slice*	 1 slice*

\* or an equivalent serving of an acceptable bread alternate such as cornbread, biscuits, rolls, muffins, etc., made of whole-grain or enriched meal or flour, or a serving of cooked enriched or whole-grain rice or macaroni or other pasta products.

\*\* for snack, juice may not be served when milk is served as the only other component.

\*\*\* or any equivalent quantity of any combination of the above meat/meat alternates.

This institution is an equal opportunity provider.