

# Infant Meal Pattern

## Child and Adult Care Food Program



- Infants should be fed on demand and should not be restricted to a rigid feeding schedule
- The amounts listed are the minimum serving sizes to meet meal pattern requirements
- Sponsors must offer to provide at least one reimbursable iron-fortified infant formula (IFIF)

FOOD COMPONENTS AND FOOD ITEMS		Birth through 5 months of age	6 through 11 months of age
Breakfast	Breast milk <sup>1</sup> or Iron-Fortified Infant Formula (IFIF) <sup>1,2</sup>	4-6 fl oz	6-8 fl oz
	Iron-Fortified Infant Cereal (IFIC) <sup>2,3</sup> or Meat, fish, poultry, whole eggs, cooked dried beans or peas <sup>3</sup> or Cheese, cottage cheese, or yogurt <sup>3,4</sup>		0-4 Tbsp  0-4 Tbsp  0-2 oz cheese 0-4 oz cottage cheese 0-4 oz or ½ cup yogurt or a combination of the above
	Fruit or Vegetable or a combination of both <sup>3,5</sup>		0-2 Tbsp
Snack	Breast milk <sup>1</sup> or Iron-Fortified Infant Formula (IFIF) <sup>1,2</sup>	4-6 fl oz	2-4 fl oz
	Sliced bread <sup>6</sup> or Crackers <sup>6</sup> or Iron-Fortified Infant Cereal (IFIC) <sup>2</sup> or ready-to-eat breakfast cereal <sup>6,7</sup>		0- ½ slice  0-2 crackers  0-4 Tbsp
	Fruit or Vegetable or a combination of both <sup>3,5</sup>		0-2 Tbsp
Lunch and Supper	Breast milk <sup>1</sup> or Iron-Fortified Infant Formula (IFIF) <sup>1,2</sup>	4-6 fl oz	6-8 fl oz
	Iron-Fortified Infant Cereal (IFIC) <sup>2,3</sup> or Meat, fish, poultry, whole eggs, cooked dried beans or peas <sup>3</sup> or Cheese, cottage cheese, or yogurt <sup>3,4</sup>		0-4 Tbsp  0-4 Tbsp  0-2 oz cheese 0-4 oz cottage cheese 0-4 oz or ½ cup yogurt or a combination of the above
	Fruit or Vegetable or a combination of both <sup>3,5</sup>		0-2 Tbsp

<sup>1</sup> Breastmilk or IFIF, or portions of both must be served; it is recommended that breastmilk be served in place of formula from birth through 11 months.

<sup>2</sup> Infant formula and dry infant cereal must be iron fortified.

<sup>3</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>4</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>5</sup> Fruit and vegetable juices are not allowed for infants.

<sup>6</sup> Grains must be **one** of the following: enriched meal, enriched flour, **or** whole grain-rich. Beginning October 1, 2019, ounce equivalents will be used to determine the quantity of creditable grains.

<sup>7</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

This institution is an equal opportunity provider.