

CHILD AND ADULT CARE FOOD PROGRAM

MEAL PATTERN FOR INFANTS

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Infants Aged birth through 3 months	Breakfast	Lunch or Supper	Snack
• Breast milk, or iron-fortified infant formula	4 to 6 fluid ounces	4 to 6 fl oz	4 to 6 fl oz
Infants aged 4 through 7 months	Breakfast	Lunch or Supper	Snack
• Breast milk or iron-fortified infant formula	4-8 fluid ounces	4 to 8 fl oz	4 to 6 fl oz
• Iron-Fortified Infant cereal	0-3 Tablespoons	0-3 Tablespoons	
• Fruit and/or vegetable		0-3 Tablespoons	
Infants aged 8 through 11 months	Breakfast	Lunch or Supper	Snack
• Breast milk or iron-fortified infant formula	6-8 fluid ounces	6 to 8 fl oz	2 to 4 fl.oz
• Fruit and/or vegetable	1-4 Tablespoons	1-4 Tablespoons	
• Iron-Fortified Infant cereal	2-4 Tablespoons	2-4 Tablespoons	
	AND/OR		
• meat, fish, poultry, egg yolk, cooked dry beans, or peas;		1-4 Tablespoons	
• cheese		1/2 to 2 oz	
• cottage cheese, cheese food, or cheese spread		1-4 oz	
• Fruit juice (at snack only)			2 to 4 fl oz
• Crusty bread or crackers (optional)			0-1/2 slice bread
• Crackers			0-2 crackers

- 1 It is recommended that breast milk be served in place of formula from birth through 11 months.
- 2 For some breastfed infants who regularly consume less than the minimum of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.
- 3 Infant formula and dry infant cereal shall be iron-fortified.
- 4 A serving of component where amounts are 0-3 TBSP or 0-2 crackers or 0-1/2 slice bread 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.

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