



CACFP Meal Pattern for Infants

BREAKFAST, LUNCH, SUPPER

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or iron-fortified infant formula	6-8 fluid ounces breastmilk ¹ or iron-fortified infant formula; AND ² 0-½ ounce equivalent (0-4 tablespoons) iron-fortified infant cereal; ³ or 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) or ½ cup of cottage cheese; or 0-4 ounces or ½ cup of yogurt ⁴ ; or a combination of the above; AND ² 0-2 tablespoons vegetable or fruit or a combination of both ⁵

SNACK

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or iron-fortified infant formula	2-4 fluid ounces breastmilk ¹ or iron-fortified infant formula; AND ² 0-½ ounce equivalent bread; ^{3,6} or 0-¼ ounce equivalent crackers; ^{3,6} or 0-½ ounce equivalent (0-4 tablespoons) iron-fortified infant cereal; ³ or 0-¼ ounce equivalent ready-to-eat breakfast cereal; ^{3,6,7} <ul style="list-style-type: none">• 0-4 tablespoons Flakes or Rounds• 0-5 tablespoons Puffed cereal AND ² 0-2 tablespoons vegetable or fruit or a combination of both ⁵

¹ 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. Breastfeeding on site is creditable as part of a reimbursable meal or snack.

² A serving of food from the following component is required when the infant is developmentally ready to accept it.

³ Refer to FNS guidance for additional information on crediting different types of grains.

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

⁵ Fruit and vegetable juices must not be served to infants.

⁶ A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

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