**Child and Adult Care Food Program**  
**Infant Meal Patterns**

<table>
<thead>
<tr>
<th>Food Components and Food Items</th>
<th>Birth through 5 months</th>
<th>6 through 11 months</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast, Lunch and Supper</strong></td>
<td>• 4-6 fluid ounces breastmilk(^1) or formula(^2)</td>
<td>• 6-8 fluid ounces breastmilk(^1) or formula(^2) And • 0-4 tablespoons infant cereal(^2,3), meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or • 0-2 ounces of cheese; or • 0-4 ounces (volume) of cottage cheese; or • 0-4 ounces or ½ cup of yogurt(^4); or a combination of the above(^5) And • 0-2 tablespoons vegetable or fruit(^3) or a combination of both(^5,6)</td>
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<tr>
<td><strong>Snack</strong></td>
<td>• 4-6 fluid ounces breastmilk(^1) or formula(^2)</td>
<td>• 2-4 fluid ounces breastmilk(^1) or formula(^2) And • 0-½ slice bread(^3,7); or • 0-2 crackers(^3,7); or • 0-4 tablespoons infant cereal(^2,3,7), or ready-to-eat breakfast cereal(^3,5,7,8) And • 0-2 tablespoons vegetable or fruit or a combination of both(^5,6)</td>
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</table>

\(^1\)Breastmilk or formula, or portions of both, may 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 breast milk 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.

\(^2\)Infant formula and dry infant cereal must be iron-fortified.

\(^3\)Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

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

\(^5\)A serving of this component is required when the infant is developmentally ready to accept it.

\(^6\)Fruit and vegetable juice must not be served.

\(^7\)A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

\(^8\)Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

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