

## Child and Adult Care Food Program Meal Pattern for Infants

	Birth through 3 months	4 through 7 months	8 through 11 months
<b>Breakfast</b>	4 to 6 fluid ounces formula <sup>1</sup> and/or breast milk	4 to 8 fluid ounces formula <sup>1</sup> and/or breast milk  0 to 3 tablespoons infant cereal <sup>2</sup> (optional)	6 to 8 fluid ounces formula <sup>1</sup> and/or breast milk <b>and</b> 2 to 4 tablespoons infant cereal <sup>2</sup> <b>and</b> 1 to 4 tablespoons fruit and/or vegetable
<b>Lunch or Supper</b>	4 to 6 fluid ounces formula <sup>1</sup> and/or breast milk	4 to 8 fluid ounces formula <sup>1</sup> and/or breast milk  0 to 3 tablespoons infant cereal <sup>2</sup> (optional)  0 to 3 tablespoons fruit and/or vegetable (optional)	6 to 8 fluid ounces formula <sup>1</sup> and/or breast milk, <b>and</b> 2 to 4 tablespoons infant cereal <sup>2</sup> and/or 1 to 4 tablespoons lean meat, fish, poultry, egg yolk, cooked dry beans, or cooked dry peas <sup>5</sup> or 1/2 to 2 ounces cheese or 1 to 4 ounces cottage cheese, cheese food, or cheese spread <b>and</b> 1 to 4 tablespoons fruit and/or vegetable
<b>Snack</b>	4 to 6 fluid ounces formula <sup>1</sup> and/or breast milk	4 to 6 fluid ounces formula <sup>1</sup> and/or breast milk	2 to 4 fluid ounces formula <sup>1</sup> , and/or breast milk or fruit juice <sup>3</sup>  0 to 1/2 slice of crusty bread <sup>4</sup> (optional) or 0 to 2 crackers (optional)

1 **Formula** served must be iron-fortified infant formula. The formula must be intended as the sole source of food for normal, healthy infants and must be served in the liquid state at the manufacturer's recommended dilution. Menu must indicate that the infant formula served is iron-fortified.

**Note:** Reimbursable meals for infants may contain either breast milk or iron-fortified infant formula, or both, supplied by the provider/center or by the parent. The meal must be served and fed to the infant by the caregiver. If only breast milk is served by the parent to a child age birth through 3 months, a provider/center cannot claim the meal.

2 **Infant cereal** must be iron-fortified, dry infant cereal. Infant cereal is often mixed with breast milk, formula, or milk. The menu must indicate the infant cereal served is iron-fortified.

3 **Fruit juice** must be full-strength. Juice may only be claimed as a supplement component and only given at 8–11 months.

4 **Bread or crackers** must be made from whole grain or enriched meal or flour.

5 **Nuts, seeds, or nut butters** are not allowed as a meat alternate.