

CACFP Infant Meal Pattern

Breakfast, Lunch, Supper

Component	Birth – 5 Months	6 – 11 Months
Breastmilk or Infant Formula	4–6 fl. oz. breastmilk or formula	6–8 fl. oz. breastmilk or formula AND
Grains or Meat/Meat Alternates, or a combination	(not required)	<ul style="list-style-type: none"> • 0—½ oz eq (0–4 Tbsp) infant cereal; • or 0–4 Tbsp meat, fish, poultry, whole eggs, cooked dry beans or peas; • or 0–2 oz. cheese; • or 0–4 oz. cottage cheese; • or 0–4 oz. (½ cup) yogurt; • or a combination of the above AND
Vegetables, Fruit, or both	(not required)	0–2 Tbsp vegetables, fruit, or both

Snacks

Component	Birth – 5 Months	6 – 11 Months
Breastmilk or Infant Formula	4–6 fl. oz. breastmilk or formula	2–4 fl. oz. breastmilk or formula AND
Grains	(none required)	<ul style="list-style-type: none"> • 0—½ oz eq bread; • or 0—¼ oz eq crackers; • or 0—½ oz eq (0–4 Tbsp) infant cereal; • or 0—¼ oz eq ready-to-eat cereal AND
Vegetables, Fruit, or both	(none required)	0–2 Tbsp vegetables, fruit, or both

Abbreviations: fl. oz. = fluid ounces oz eq = ounce equivalent Tbsp = tablespoons



Additional Information

- Breastmilk or formula, or portions of both, must be served at all meals and snacks. 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 if the infant is still hungry.
- A serving of a component is required to be offered when the infant is developmentally ready to accept it. All components (except breastmilk) must be offered in the full minimum portion.
- Providers must have a way to track and document developmental readiness, such as using the OSPI CACFP Infant Meal Forms.
- At least one type of formula must be offered by the provider.
- Infant formula and dry infant cereal must be iron-fortified.
- Medical statements are required for exempt (specialized) formulas.
- Fruit and vegetable juices are not creditable for infants.
- All grains served must be made with enriched or whole grain meal or flour. Ready-to-eat breakfast cereals that are fortified are also creditable. (Snack only)
- Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces. Soy yogurt is not creditable for infants.

Reference

- [USDA's Feeding Infants Using Ounce Equivalents for Grains](#)
- [USDA's Feeding Infants in the CACFP's Appendix F: Infant Foods List](#)

Resources

- [OSPI Child Nutrition Services CACFP Infant Meals Trainings](#)
- [Meal Patterns and Menu Planning Webpage](#)
- [CACFP Requirements and Materials Webpage](#)