

CACFP INFANT MEAL PATTERN

FOOD COMPONENT	Birth through 5 months	6 - 11 months*
BREAKFAST, LUNCH AND DINNER		
Iron-fortified formula or breastmilk (recommended)	4 - 6 fluid oz	6 - 8 fluid oz
Iron-fortified Infant Cereal Meat/meat alternative		0 - 1/2 oz of infant cereal or 0 - 4 tablespoon of meat, fish, poultry, whole egg, cooked dry beans or peas or 0 - 2 oz of cheese or 0- 4 oz cottage cheese or 0 - 4 oz or 1/2 cup of yogurt (< 23g of total sugars per 6oz) or combination of the above.
Fruit and / or vegetable		0 - 2 tablespoon (Fruit and vegetable juices must not be served) Or combination of the both
SNACK		
Iron-fortified formula or breastmilk (recommended)	4 - 6 fluid oz	2- 4 fluid oz
Fruit and / or vegetable		0 - 2 tablespoons (Fruit and vegetable juices must not be served)
Whole grain or enriched grain		0 - 1/2 oz eq bread or 0 - 1/4 oz eq crackers or 0 - 1/2 oz eq infant cereal 0 - 1/4 oz eq ready to eat breakfast cereal (< 6g of sugar per dry oz)
*Introduce solid foods to infants around 6 months as developmentally appropriate.		