

# CHILD AND ADULT CARE FOOD PROGRAM

## INFANT MEAL PATTERN

4/2019

| BREAKFAST, LUNCH, SUPPER  | 0-5 MONTHS                       | 6 MONTHS TO 1 <sup>ST</sup> BIRTHDAY  |
|---|----------------------------------|---|
| Breast Milk <sup>1</sup> or Iron Fortified Formula <sup>2</sup><br>Or portions of both    | 4-6 ounces                       | 6-8 ounces  |
| Vegetables or Fruits <sup>4,5</sup><br>(no juice)   |                                  | 0-2 Tbsp.<br>Vegetable or Fruit or both   |
| Meat or Meat Alternate (choose one) <sup>4</sup>  | Not required for this age group. | Choose at least one of the following:<br><br>0-4 Tbsp of: <ul style="list-style-type: none"><li>• Dry infant cereal</li><li>• Meat</li><li>• Fish</li><li>• Poultry</li><li>• Whole egg</li><li>• Cooked dry peas</li><li>• Cooked dry beans</li></ul> OR <ul style="list-style-type: none"><li>• 0-2 ounces cheese</li><li>• 0-4 ounces cottage cheese</li><li>• 0-4 ounces dairy yogurt</li></ul> (1 oz = 2 Tbsp) (4oz = 1/2 c) |
| SNACK   | 0-5 MONTHS                       | 6 MONTHS TO 1 <sup>ST</sup> BIRTHDAY  |
| Breast Milk <sup>1</sup> or Iron Fortified Formula <sup>2</sup><br>Or portions of both    | 4-6 ounces                       | 2-4 ounces  |
| Vegetable or Fruit <sup>5,6</sup><br>(no juice)   |                                  | 0-2 Tbsp<br>Vegetable or Fruit or both  |
| Bread or Crackers, Dry infant cereal <sup>2</sup> or Ready-to-eat cereal <sup>3,4,5</sup> | Not required for this age group. | Choose one: <ul style="list-style-type: none"><li>• 0 - ½ slice of bread</li><li>• 0-2 crackers</li><li>• 0 - 4 Tbsp (1/4 c) dry infant cereal or ready-to-eat breakfast cereal</li></ul>   |

SEE REVERSE FOR SUPERSCRIPT EXPLANATIONS



## **BREAKFAST, LUNCH, SUPPER**

<sup>1</sup> 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.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>4</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>5</sup> Fruit and vegetable juices must not be served.

## **SNACK**

<sup>1</sup> 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.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

<sup>4</sup> 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).

<sup>5</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>6</sup> Fruit and vegetable juices must not be served.