



















CACFP INFANT MEAL PATTERN

INFANT FOOD CHART

11/2016

Utah State Board of Education

BREAKFAST, LUNCH AND SUPPER	0-5 MONTHS	6 MONTHS TO 1 ST BIRTHDAY
Breast Milk or Iron Fortified Formula Or portions of both 	4-6 ounces	6-8 ounces
Vegetables or Fruits 		0-4 Tbsp. Vegetable or Fruit or both
Meat or Meat Alternate <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;">  Dry infant cereal </div> <div style="width: 50%;">  Cooked dry peas (lentils) </div> <div style="width: 50%;">  Meat </div> <div style="width: 50%;">  Cooked dry beans </div> <div style="width: 50%;">  Fish </div> <div style="width: 50%;">  Cheese </div> <div style="width: 50%;">  Poultry </div> <div style="width: 50%;">  Cottage cheese </div> <div style="width: 50%;">  Whole egg </div> <div style="width: 50%;">  Yogurt </div> </div>		Choose at least one of the following: 0-4 Tbsp of: (1) Dry infant cereal (2) Meat (3) Fish (4) Poultry (5) Whole egg (6) Cooked dry peas (7) Cooked dry beans OR (8) 0-2 ounces cheese (9) 0-4 ounces (0-8 T) cottage cheese (10) 0-8 ounces (8oz=1c) yogurt
SNACK	0-5 MONTHS	6 MONTHS TO 1 ST BIRTHDAY
Breast Milk or Iron Fortified Formula Or portions of both 	4-6 ounces	2-4 ounces
Vegetable or Fruit 		0-2 Tbsp Vegetable or Fruit or both
Whole Grain, Whole Grain-rich, or Enriched Bread or Crackers, Dry infant cereal or Ready-to-eat cereal <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  Crusty Bread </div> <div style="text-align: center;">  Cracker </div> <div style="text-align: center;">  Dry infant cereal </div> <div style="text-align: center;">  Ready-to-eat cereal </div> </div>		Choose one: (1) 0 - ½ slice of crusty bread (2) 0-2 crackers (3) 0 - 4 Tbsp (1/4 c) dry infant cereal or ready-to-eat breakfast cereal

* Breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, may be served less than the minimum amount of breastmilk, with additional breastmilk offered at a later time .
 * All foods (other than formula or breast milk) must be served as soon as the infant is developmentally ready. Infants should be receiving what they normally eat at home (item must be creditable for the food program).
 * Infant formula and dry infant cereal must be iron fortified.
 * Only fluid formula is creditable. Infant cereal must be made with formula.
 * Yogurt must contain no more than 23 grams of total sugars per 6 ounces. *1 ounce of yogurt or cottage cheese = 2 Tablespoons.
 * Juice, whether fruit or vegetable, must not be served.
 * Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.

