

# CACFP INFANT MEAL PATTERNS



## Ages Birth Through 5 Months

### Breakfast, Snack, Lunch & Supper Meal Patterns

Milk	4-6 fl oz	breastmilk <sup>1</sup> or formula <sup>2</sup>
------	-----------	---

## Ages 6 Months Through 11 Months

### Breakfast, Lunch & Supper Meal Patterns

Milk	6-8 fl oz	breastmilk <sup>1</sup> or formula <sup>2</sup>
Grains or Meats/Meat Alternates	0-½ oz eq	infant cereal <sup>2,3</sup> or
	0-4 tbsp	meat; fish; poultry; whole egg; tofu; tempeh; cooked dry beans, peas and lentils; or
	0-2 oz	cheese or
	0-4 oz	cottage cheese or yogurt <sup>4</sup> or soy yogurt <sup>4</sup> or
		a combination of the above <sup>5</sup>
Fruits/Vegetables	0-2 tbsp	vegetable or fruit or a combination of both <sup>5,6</sup>

### Snack Meal Patterns

Milk	2-4 fl oz	breastmilk <sup>1</sup> or formula <sup>2</sup>
Grains	0-½ oz eq	bread <sup>3,7</sup> or
	0-¼ oz eq	crackers <sup>3,7</sup> or
	0-½ oz eq	infant cereal <sup>2,3</sup> or
	0-¼ oz eq	ready-to-eat breakfast cereal <sup>3,5,7,8</sup>
Fruits/Vegetables	0-2 tbsp	vegetable or fruit or a combination of both <sup>5,6</sup>

fl oz = fluid ounces      oz eq = ounce equivalents

<sup>1</sup> Breastmilk or formula, or portions of both, must be served.

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

<sup>3</sup> Information on crediting grain items may be found in FNS guidance.

<sup>4</sup> Yogurt must contain no more than 12 grams of added sugars per 6 ounces.

<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.

<sup>7</sup> A serving of grains must be whole grain-rich, enriched meal, enriched flour, bran, or germ.

<sup>8</sup> Breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

Refer to USDA FNS for further crediting guidance.

