

AGES BIRTH THROUGH 5 MONTHS

BREAKFAST, SNACK, LUNCH & SUPPER MEAL PATTERNS

Milk	4-6 oz	breastmilk ¹ or formula ²
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AGES 6 MONTHS THROUGH 11 MONTHS

BREAKFAST, LUNCH & SUPPER MEAL PATTERNS

Milk	6-8 oz	breastmilk ¹ or formula ²
Grains/ Meat/Meat Alternates	0-4 tbs	infant cereal ^{2,3} , meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas <i>or</i>
	0-2 oz	cheese <i>or</i>
	0-4 oz	cottage cheese or yogurt ⁴ <i>or</i>
	0-4 oz	a combination of the above ⁵
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both ^{5,6}

SNACK MEAL PATTERNS

Milk	2-4 oz	breastmilk ¹ or formula ²
Grains	0-1/2	slice bread ^{3,7} <i>or</i>
	0-2	crackers ^{3,7} <i>or</i>
	0-4 tbs	infant cereal ^{2,3,7} or ready-to-eat breakfast cereal ^{3,5,7,8}
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both ^{5,6}

¹ 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.

² Infant formula and dry infant cereal must be iron-fortified.

³ Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

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

⁶ Fruit and vegetable juices must not be served.

⁷ A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁸ 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).

Only breastmilk or formula is required in the CACFP until infants are developmentally ready to accept other foods.

