

CACFP Infant Meal Pattern

Infants develop at different rates - some infants may be ready to consume solid foods before 6 months of age and others may be ready after 6 months of age. **Once an infant is developmentally ready to accept solid foods, including infants younger than 6 months, programs are required to offer them to the infant.**

Breakfast / Lunch / Supper	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk or iron fortified infant formula	6-8 fluid ounces breastmilk or iron fortified infant formula; AND 0-4 tablespoons iron fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese; OR 0-4 ounces or ½ cup of yogurt; or a combination of the above; AND 0-2 tablespoons vegetable or fruit or a combination of both (<i>Juice cannot be served</i>)
Snack	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk or iron fortified infant formula	2-4 fluid ounces breastmilk or iron fortified infant formula; AND 0-½ slice bread; OR 0-2 crackers; OR 0-4 tablespoons iron fortified infant cereal; OR ready-to-eat breakfast cereal; AND 0-2 tablespoons vegetable or fruit, or a combination of both (<i>Juice cannot be served</i>)

Additional Requirements

- 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.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Grains must be whole grain-rich, enriched meal, or enriched flour.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce