

Meal Pattern for Infants

Child and Adult Care Food Program

	Birth through 3 months	4 months through 7 months	8 months through 11 months
BREAKFAST			
Breast Milk or Iron Fortified Infant Formula ¹	4-6 fluid ounces ²	4-8 fluid ounces ²	6-8 fluid ounces ²
Iron Fortified Dry Infant Cereal	----	0-3 tablespoons ³	2-4 tablespoons
Fruit and/or Vegetable	----	----	1-4 tablespoons
SUPPLEMENT (SNACK)			
Breast Milk or Iron Fortified Infant Formula ¹ or 100% Fruit Juice ⁴	4-6 fluid ounces ²	4-6 fluid ounces ²	2-4 fluid ounces ²
Bread or Crackers ⁵	----	----	0-1/2 slice bread or 0-2 crackers ³
LUNCH OR SUPPER			
Breast Milk or Iron Fortified Infant Formula ¹	4-6 fluid ounces ²	4-8 fluid ounces ²	6-8 fluid ounces ²
Fruit and/or vegetable	----	0-3 tablespoons ³	1-4 tablespoons
Iron Fortified Dry Infant Cereal and/or	----	0-3 tablespoons ³	2-4 tablespoons ⁶
Meat, Fish, Poultry, Egg Yolk, or Cooked Dry Beans or Peas or	----	----	1-4 tablespoons ⁶
Cheese or	----	----	1/2-2 ounces ⁶
Cottage Cheese or	----	----	1-4 ounces ⁶ (volume)
Cheese Food, or Cheese Spread			1-4 ounces ⁶ (weight)

¹ Breastmilk or formula, or portions of both, may be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months.

² 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 if the infant is still hungry.

³ A serving of this component is required when the infant is developmentally ready to accept it.

⁴ Fruit juice must be full-strength and may be served in place of formula or breastmilk to children ages 8 through 11 months of age for snack only.

⁵ A serving of this component must be made from whole-grain or enriched meal or flour.

⁶ At least one of these items must be served for lunch and supper.