

# Infant Meal Pattern

INFANTS	Birth - 5 Months	6 - 11 Months
<b>Breakfast, Lunch, &amp; Dinner</b>	<ul style="list-style-type: none"> <li>• 4-6 fluid ounces breastmilk<sup>1</sup> OR formula<sup>2</sup></li> </ul>	<ul style="list-style-type: none"> <li>• 6-8 fluid ounces breastmilk<sup>1</sup> or formula<sup>2</sup>;</li> <li style="text-align: center;"><b>AND</b></li> <li>• <i>Choose one meat/alternate:</i> <ul style="list-style-type: none"> <li>- 0-4 tablespoons infant cereal<sup>2,3</sup>, meat, fish, poultry, whole egg, cooked dry beans, cooked dry peas; OR</li> <li>- 0-2 ounces of cheese; OR</li> <li>- 0-4 ounces (volume) of cottage cheese; OR</li> <li>- 0-4 ounces or 1/2 cup of yogurt<sup>4</sup>; OR</li> <li>- a combination of the above<sup>5</sup>;</li> </ul> </li> <li style="text-align: center;"><b>AND</b></li> <li>• 0-2 tablespoons vegetable or fruit or a combination of both<sup>5,6</sup></li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 4-6 fluid ounces breastmilk<sup>1</sup> OR formula<sup>2</sup></li> </ul>	<ul style="list-style-type: none"> <li>• 2-4 fluid ounces breastmilk<sup>1</sup> or formula<sup>2</sup>;</li> <li style="text-align: center;"><b>AND</b></li> <li>• <i>Choose one:</i> <ul style="list-style-type: none"> <li>- 0-1/2 slice bread<sup>3,7</sup>; OR</li> <li>- 0-2 crackers<sup>3,7</sup>; OR</li> <li>- 0-4 tablespoons infant cereal<sup>2,3,7</sup> OR ready-to-eat breakfast cereal<sup>3,5,7,8</sup>;</li> </ul> </li> <li style="text-align: center;"><b>AND</b></li> <li>• 0-2 tablespoons vegetable or fruit, or a combination of both<sup>5,6</sup></li> </ul>

<sup>1</sup> 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 for less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

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

<sup>3</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

<sup>4</sup> Yogurt must contain no more than 23 grams of total 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, or enriched flour.

<sup>8</sup> 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).

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