

**Chart 4D: Child and Adult Care Food Program Infant Meal Patterns:
Infant**

Meal	Infants: Birth through 5 months	Infants: 6 through 11 months
Breakfast, Lunch, or Supper	4-6 fluid ounces breastmilk ¹ or formula ²	6-8 fluid ounces breastmilk ¹ or formula ² ; and 0-1/2 oz eq infant cereal ^{2,3} , 0-4 tablespoons 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 1/2 cup of yogurt ⁴ or a combination of the above ⁵ ; and 0-2 tablespoons vegetable or fruit or a combination of both ^{5,6}
Snack	4-6 fluid ounces breastmilk ¹ or formula ²	2-4 fluid ounces breastmilk ¹ or formula ² ; and 0-1/2 oz eq bread ^{3,7} ; or 0-1/4 oz eq crackers ^{3,7} ; or 0-1/2 oz eq infant cereal ^{2,3} or 0-1/4 oz eq ready-to-eat breakfast cereal ^{3,5,7,8} ; and 0-2 tablespoons 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 Refer to FNS guidance for additional information on crediting different types of 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 of sucrose and other sugars per 100 grams of dry cereal).