

Child and Adult Care Food Program Child Care Infant Meal Pattern

Age	Breakfast	Lunch or Supper	Snack (midmorning or midafternoon)
Infants Birth through 3 months	4 to 6 ounces formula ¹ or breast milk ^{2,3*}	4 to 6 fluid ounces formula ¹ or breast milk ^{2,3}	4 to 6 fluid ounces formula ¹ or breast milk ^{2,3}
Infants 4 months through 7 months	4 to 8 fluid ounces formula ¹ or breast milk ^{2,3} 0 to 3 tablespoons infant cereal ^{1,4}	4 to 8 fluid ounces formula ¹ or breast milk ^{2,3} 0 to 3 tablespoons infant cereal ^{1,4} 0 to 3 tablespoons fruit and/ or vegetable	4 to 6 fluid ounces formula ¹ or breast milk ^{2,3}
Infants 8 months through 11 months	6 to 8 fluid ounces formula ¹ or breast milk ^{2,3} 2 to 4 tablespoons infant cereal ¹ 1 to 4 tablespoons fruit and/or vegetable	6 to 8 fluid ounces formula ¹ or breast milk ^{2,3} 2 to 4 tablespoons infant cereal ¹ AND/OR 1 to 4 tablespoons meat, fish, poultry, egg yolk, or cooked dry beans or peas OR 1/2 to 2 ounces cheese OR 1 to 4 tablespoons cottage cheese, cheese food, or cheese spread OR 1 to 4 tablespoons fruit and/ or vegetable	2 to 4 fluid ounces formula ¹ , breast milk ^{2,3} or fruit juice ⁵ 0 to 1/2 slice bread ^{4,6} OR 0 to 2 crackers ^{4,6}

¹ Infant formula and dry infant cereal shall be iron fortified.

² It is recommended that breast milk be served in place of formula from birth through 11 months.

³ For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk if the infant is still hungry.

⁴ A serving of this component shall be optional.

⁵ Fruit juice shall be full strength.

⁶ Bread and bread alternatives shall be made from whole-grain or enriched meal or flour.

* breast milk is a commonly used term for human milk.