



# Infant Meal Patterns

Child & Adult Care Food Program (CACFP)

Infants should be fed on demand and should not be restricted to a rigid feeding schedule. You may find that some infants need to be fed every 2 hours and will receive 5-6 meals while in care.

|                     |  | Birth through 5 months of age | 6 through 11 months of age   |
|---------------------|--|-------------------------------|--|
| <b>Breakfast</b>    | Breast milk <sup>1</sup><br>or<br>Iron-Fortified Infant Formula (IFIF) <sup>2</sup>  | 4-6 fl oz                     | 6-8 fl oz  |
|                     | Iron-Fortified Infant Cereal (IFIC) <sup>2,3</sup><br>or<br>Meat, fish, poultry, whole eggs, cooked dried beans or peas <sup>5</sup><br>or<br>Cheese <sup>5</sup><br>or cottage cheese<br>or yogurt <sup>4</sup> |                               | 0-4 tbsp<br>0-4 tbsp<br>0-2 oz cheese<br>0-4 oz cottage cheese<br>0-4 oz or ½ cup yogurt |
|                     | Fruit and/or Vegetable—appropriate consistency <sup>5,6</sup>  |                               | 0-2 tbsp   |
| <b>Lunch/Supper</b> | Breast milk <sup>1</sup><br>or<br>Iron-Fortified Infant Formula (IFIF) <sup>2</sup>  | 4-6 fl oz                     | 6-8 fl oz  |
|                     | Iron-Fortified Infant Cereal (IFIC) <sup>2,3</sup><br>or<br>Meat, fish, poultry, whole eggs, cooked dried beans or peas <sup>5</sup><br>or<br>Cheese <sup>5</sup><br>or cottage cheese<br>or yogurt <sup>4</sup> |                               | 0-4 tbsp<br>0-4 tbsp<br>0-2 oz cheese<br>0-4 oz cottage cheese<br>0-4 oz or ½ cup yogurt |
|                     | Fruit and/or Vegetable—appropriate consistency <sup>5,6</sup>  |                               | 0-2 tbsp   |
| <b>Snack</b>        | Breast milk <sup>1</sup><br>or<br>Iron-Fortified Infant Formula (IFIF) <sup>2</sup>  | 4-6 fl oz                     | 2-4 fl oz  |
|                     | Iron-Fortified Infant Cereal (IFIC) <sup>2,3</sup> or ready-to-eat cereal <sup>3,5,7,8</sup><br>or<br>Slice of Bread <sup>3,7</sup><br>or<br>Crackers <sup>3,7</sup>   |                               | 0-4 tbsp<br>0-1/2 slice  |
|                     | Fruit and/or Vegetable—appropriate consistency <sup>5,6</sup>  |                               | 0-2 tbsp   |

1. Breast milk or IFIF or portions of both must be served; however it is recommended that breast milk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum per feeding, a serving of less than the minimum may be offered with additional breast milk offered at a later time if the infant will consume more.
2. Infant formula and infant cereal must be iron-fortified
3. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains
4. Yogurt must contain no more than 23 grams of total sugars per 6 oz serving
5. A serving of this component is required only when the infant is developmentally ready to accept it.
6. Fruit and/or Vegetable juice must not be served
7. Grains must be whole-grain rich, enriched meal, or enriched flour
8. Ready-to-eat breakfast cereal must contain no more than 6 grams of sugar per dry ounce (or 21.2 grams per 100 grams dry cereal)