

Infant Meal Pattern Child and Adult Care Food Program

	Birth through 3 months	4 through 7 months	8 through 11 months
BREAKFAST	4-6 fluid oz Formula ¹ or breast milk ^{2,3}	4-8 fluid oz Formula ¹ or breast milk ^{2,3} 0-3 Tbsp. Infant cereal ¹ (optional)	6-8 fluid oz Formula ¹ or breast milk ^{2,3} 2-4 Tbsp. Infant cereal ¹ 1-4 Tbsp. Fruit and/or vegetable
LUNCH OR SUPPER	4-6 fluid oz formula ¹ or breast milk ^{2,3}	4-8 fluid oz Formula ¹ or breast milk ^{2,3} 0-3 Tbsp. Infant cereal ¹ (optional) 0-3 Tbsp. Fruit and/or vegetable (optional)	6-8 fluid oz Formula ¹ or breast milk ^{2,3} 2-4 Tbsp. Infant cereal ¹ and/or 1-4 Tbsp. Meat, fish, poultry, egg yolk, cooked dry beans or dry peas or 1/2 - 2 oz Cheese or 1-4 oz Cottage cheese, cheese food or cheese spread 1-4 Tbsp. Fruit and/or vegetable
SUPPLEMENT	4-6 fluid oz formula ¹ or breast milk ^{2,3}	4-6 fluid oz formula ¹ or breast milk ^{2,3}	2 - 4 fluid oz formula ¹ or breast milk ^{2,3} or fruit juice ⁴ 0-1/2 slice bread ⁵ or 0-2 crackers ⁵ (optional)

- 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 breast-fed 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 offered if the infant is still hungry.
- ⁴ Fruit juice shall be full-strength.
- ⁵ Bread and alternates shall be made from whole-grain or enriched meal or flour.