

CACFP Infant Meal Patterns*

Center Name: _____

Center Formula: _____

Meal Type	Birth through 3 months	4 through 7 months	8 through 11 months
Breakfast	4-6 oz breast milk or infant formula	4-8 oz. breast milk or infant formula 0-3 Tbsp. infant cereal (optional)	6-8 oz. breast milk or infant formula AND 2-4 Tbsp. infant cereal AND 1-4 Tbsp. fruit and/or vegetable
Lunch or Supper	4-6 oz breast milk or infant formula	4-8 oz breast milk or infant formula 0-3 Tbsp. infant cereal (optional) 0-3 Tbsp. fruit and/or vegetable (optional)	6-8 oz breast milk or infant formula AND 2-4 Tbsp. infant cereal AND/OR 1-4 Tbsp. meat, poultry or meat alternate AND 1-4 Tbsp. fruit and/or vegetable
Snack	4-6 oz breast milk or infant formula	4-6 oz breast milk or infant formula	2-4 oz breast milk or infant formula AND/OR 0-2 crackers or ½ slice bread

***All infants at this center have individual infant menus**