

CACFP Meal Pattern — Infants of All Ages

Meal Component	Birth through 5 months	6 through 11 months
BREAKFAST — Serve all 3 components for a reimbursable meal:		
Breast Milk or Formula ^{1,2}	4 - 6 fl oz	6 - 8 fl oz
<i>Any one or combination of the following:</i> ³		
Infant Cereal ⁴	None	0 - 4 Tbsp
Lean meat, poultry, fish, whole egg, cooked dry beans or cooked dry peas	None	0 - 4 Tbsp
Cheese	None	0 - 2 oz
Cottage cheese	None	0 - 4 oz
Yogurt ⁵	None	0 - 4 oz or ½ cup
Fruit or Vegetable or combination of both ⁶	None	0 - 2 Tbsp
LUNCH or SUPPER — Serve all 3 components for a reimbursable meal:		
Breast Milk or Formula ^{1,2}	4 - 6 fl oz	6 - 8 fl oz
<i>Any one or combination of the following:</i> ³		
Infant Cereal ⁴	None	0 - 4 Tbsp
Lean meat, poultry, fish, whole egg, cooked dry beans or cooked dry peas	None	0 - 4 Tbsp
Cheese	None	0 - 2 oz
Cottage cheese	None	0 - 4 oz
Yogurt ⁵	None	0 - 4 oz or ½ cup
Fruit or Vegetable or combination of both ⁶	None	0 - 2 Tbsp
SNACK — Must serve a Fruit or Vegetable and at least 1 other component for a reimbursable meal:		
Breast Milk or Formula ^{1,2}	4 - 6 fl oz	2 - 4 fl oz
Grain or Bread: ⁸	None	
Bread	None	0 - ½ slice
Crackers	None	0 - 2 crackers
Infant Cereal or Ready-to-Eat Breakfast Cereal ⁹	None	0 - 4 Tbsp
Fruit or Vegetable or combination of both ⁶	None	0 - 2 Tbsp

¹ Breast milk or formula, 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 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 at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ A serving of this component is required when the infant is developmentally ready to accept it.

⁴ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of credible grains.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Fruit and vegetable juices must not be served.

⁷ Only one beverage may be served.

⁸ A serving of grains must be whole grain-rich, enriched meal or enriched flour.

⁹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).