



















CACFP INFANT MEAL PATTERN

INFANT FOOD CHART

2/2017

BREAKFAST, LUNCH, SUPPER	0-5 MONTHS	6 MONTHS TO 1 ST BIRTHDAY
Breast Milk or Iron Fortified Formula Or portions of both 	4-6 ounces	6-8 ounces
Vegetables or Fruits (no juice) 	Not required for this age group.	0-2 Tbsp. Vegetable or Fruit or both
Meat or Meat Alternate (choose one) <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;">  Dry infant cereal  Cooked dry peas (lentils) </div> <div style="width: 50%;">  Meat  Cooked dry beans </div> <div style="width: 50%;">  Fish  Cheese </div> <div style="width: 50%;">  Poultry  Cottage cheese </div> <div style="width: 50%;">  Whole egg  Yogurt </div> </div>		Choose at least one of the following: 0-4 Tbsp of: <ul style="list-style-type: none"> • Dry infant cereal • Meat • Fish • Poultry • Whole egg • Cooked dry peas • Cooked dry beans OR <ul style="list-style-type: none"> • 0-2 ounces cheese • 0-4 ounces cottage cheese • 0-4 ounces dairy yogurt (1 oz = 2 Tbsp) (4oz = 1/2 c)
SNACK		0-5 MONTHS
Breast Milk or Iron Fortified Formula Or portions of both 	4-6 ounces	2-4 ounces
Vegetable or Fruit (no juice) 	Not required for this age group.	0-2 Tbsp Vegetable or Fruit or both
Enriched Bread or Crackers, Dry infant cereal or Ready-to-eat cereal (may be whole-grain or whole-grain rich) <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Crusty Bread  Cracker </div> <div style="text-align: center;">  Dry infant cereal  Ready-to-eat cereal </div> </div>		Choose one: <ul style="list-style-type: none"> • 0 - ½ slice of crusty bread • 0-2 crackers • 0 - 4 Tbsp (1/4 c) dry infant cereal or ready-to-eat breakfast cereal
<p>* Breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, may be served less than the minimum amount of breastmilk, with additional breastmilk offered at a later time if the infant is still hungry.</p> <p>*Solid foods are required as soon as the infant is developmentally ready. *Infant cereal is not to be served in a bottle.</p> <p>* Infant formula and dry infant cereal must be iron fortified. At least 1 mg iron per 100 kilocalories</p> <p>*Only fluid formula is creditable. *Infant cereal must be made with formula, but formula does not count toward fluid requirement.</p> <p>* Yogurt must contain no more than 23 grams of total sugars per 6 ounces.</p> <p>* Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.</p>		