

Child and Adult Care Food Program - Child Care Infant Meal Pattern			
Age	Breakfast	Lunch or Supper	Snack (midmorning or mid afternoon)
Infants Birth through 3 months	4 to 6 ounces formula 1 or breast milk 2,3*	4 to 6 fluid ounces formula 1 or breast milk 2,3	4 to 6 fluid ounces formula 1 or breast milk 2,3
Infants 4 months through 7 months	4 to 8 fluid ounces formula 1 or breast milk 2,3 0 to 3 tablespoons infant cereal 1,4	4 to 8 fluid ounces formula 1 or breast milk 2,3 0 to 3 tablespoons infant cereal 1,4 0 to 3 tablespoons fruit and/or vegetable	4 to 6 fluid ounces formula 1 or breast milk 2,3
Infants 8 months through 11 months	6 to 8 fluid ounces formula 1 or breast milk 2,3 2 to 4 tablespoons infant cereal 1 1 to 4 tablespoons fruit and/or vegetable	6 to 8 fluid ounces formula 1 or breast milk 2,3 2 to 4 tablespoons infant cereal 1 AND/OR 1 to 4 tablespoons meat, fish, poultry, egg yolk, or cooked dry beans or peas OR 1/2 to 2 ounces cheese OR 1 to 4 tablespoons cottage cheese, cheese food, or cheese spread OR 1 to 4 tablespoons fruit and/or vegetable	2 to 4 fluid ounces formula 1 , breast milk, 2,3 or fruit juice 5 0 to 1/2 slice bread 4,6 OR 0 to 2 crackers 4,6

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 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 if the infant is still hungry.

4 A serving of this component shall be optional.

5 Fruit juice shall be full strength.

6 Bread and bread alternatives shall be made from whole-grain or enriched meal or flour .

* breast milk is a commonly used term for human milk.

Reference: United States Department of Agriculture. *Building Blocks for Fun and Healthy Meals: A Menu Planner for the Child and Adult Care Food Programs*. Washington, DC; 2000.