

Child and Adult Care Food Program
**Infant Meal Pattern Requirements
 and Serving Sizes**

- Foods shall be of texture and consistency appropriate for the particular age served.
- Foods shall be served during a span of time consistent with the child’s eating habits.
- The minimum amount of food components identified below are to be served.
- Additional foods may be served to infants 4 months of age and older, with the intent of improving their overall nutrition.

	Birth Through 3 Months	4 Months Through 7 Months	8 Months Through 11 Months
Breakfast	① 4-6 fluid ounces of iron-fortified infant formula or breast milk	① 4-8 fluid ounces of iron-fortified infant formula or breast milk AND: (Optional) 0-3 Tbsp. of iron-fortified dry infant cereal	① 6-8 fluid ounces of iron-fortified infant formula or breast milk AND ② 2-4 Tbsp. of iron-fortified dry infant cereal AND ③ 1-4 Tbsp. of fruit and/or vegetable of appropriate consistency
Lunch or Supper	① 4-6 fluid ounces of iron-fortified infant formula or breast milk	① 4-8 fluid ounces of iron-fortified infant formula or breast milk AND: (Optional) 0-3 Tbsp. of iron-fortified dry infant cereal 0-3 Tbsp. of fruit and/or vegetable of appropriate consistency	① 6-8 fluid ounces of iron-fortified infant formula or breast milk AND ② 2-4 Tbsp. of iron-fortified dry cereal OR 1-4 Tbsp. of meat, fish, poultry, egg yolk or cooked dry beans or dry peas OR ½-2 ounces (weight) cheese OR 1-4 ounces (weight or volume) of cottage cheese or cheese food or cheese spread of appropriate consistency AND ③ 1-4 Tbsp. of fruit and/or vegetable of appropriate consistency
Supplement (Snack)	① 4-6 fluid ounces of iron-fortified infant formula or breast milk	① 4-8 fluid ounces of iron-fortified infant formula or breast milk	① 2-4 fluid ounces of iron-fortified infant formula or breast milk or full-strength fruit juice AND: (Optional) 0-1/2 slice of crusty bread OR 0-2 cracker type products <i>(Must be made from whole-grain or enriched meal or flour and suitable for an infant for use as a finger food.)</i>

Additional Reminders

- Infant formula and dry infant cereal shall be iron-fortified.
- 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.