


**Child and Adult Care Food Program
 Infant Meal Pattern**

	Birth through 3 months	Ages 4 through 7 months	Ages 8 through 11 months
Breakfast	4-6 fluid oz. breast milk or iron-fortified infant formula	4-8 fluid oz. breast milk or iron-fortified infant formula 0-3 Tbsp. of iron-fortified infant cereal*	6-8 fluid oz. breast milk or iron-fortified infant formula 2-4 Tbsp. iron-fortified infant cereal 1-4 Tbsp. fruit or vegetable or both
Lunch or Supper	4-6 fluid oz. breast milk or iron-fortified infant formula 	4-8 fluid oz. breast milk or iron-fortified infant formula 0-3 Tbsp. iron-fortified infant cereal* 0-3 Tbsp. fruit or vegetable or both*	6-8 fluid oz. breast milk or iron-fortified infant formula 2-4 Tbsp. iron-fortified infant cereal, and/or 1-4 Tbsp. meat, fish, poultry, egg yolk, cooked dry beans or dry peas, or ½ -2 oz. cheese, or 1-4 oz. (volume) cottage cheese or 1-4 oz. (weight) cheese food or cheese spread 1-4 Tbsp. fruit or vegetable or both
Snack	4-6 fluid oz. breast milk or iron-fortified infant formula	4-6 fluid oz. breast milk or iron-fortified infant formula	2-4 fluid oz. breast milk or iron-fortified infant formula or fruit juice 0-1/2 slice bread or 0-2 crackers*

Breast milk

- Breast milk or iron-fortified formula, or portions of both, may be served. However, breast milk is recommended over formula from birth through 11 months.
- Some breastfed infants 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.
- Meals containing breast milk *are* reimbursable when the breast milk is served by the caregiver and the meal includes all components that the infant is developmentally ready to accept.

Iron-Fortified Infant Formula

- A meal containing only infant formula supplied by a parent may be reimbursed if the caregiver feeds the infant.
- Formula must be served in the liquid state at the manufacturer's recommended dilution.
- The parent/guardian of each infant must sign the *Infant Formula Offered Form*.

Solid foods

- *A serving of this component is *required* only when the infant is developmentally ready to accept it and the parent is consulted.
- Introduce one new food at a time for 7 days before starting another new food.
- Bread or crackers must be made from whole-grain or enriched meal or flour and suitable as a finger food.

Fruit juice

- Offer juice after infant is at least 6 months of age and ready to drink from a cup.
- Fruit juice served as part of a snack for infants 8 through 11 months must be full-strength.
- Fruit juice cannot be used to meet the fruit or vegetable components.

Remember

- The meal must meet the meal pattern to be reimbursed.
- The caregiver must provide all components that the infant is developmentally ready to accept and that are not furnished by the parent.
- Keep menu, meal count sheet and infant feeding records daily.
- Medical statements with substitutions must be on file to claim a meal that does not meet the meal pattern.

Milk

- Cow's milk, soy milk and rice milk are not recommended by the American Academy of Pediatrics for infants until they reach their first birthday. (See Feeding Infants Guide)
- Do not count meals that include milk for reimbursement *until* a signed medical statement is received.

