

## CACFP Infant Meal Pattern Birth through 11 Months



To comply with the Child and Adult Care Food Program regulations, it is the responsibility of day care home providers caring for infants to purchase all required meal components on the Infant Meal Pattern according to the different age groups in care. The Infant Meal Pattern lists the minimum amount of food to be offered to infants from birth through 11 months. The infant meal must contain each of the following components in at least the amounts indicated for the appropriate age group in order to qualify for reimbursement. Food within the meal pattern should be the texture and consistency appropriate for the development of the infant and may be served during a span of time consistent with the infant's eating habits; for example, the food items for lunch might be served at two feedings between 12 noon and 2 p.m. Solid food should be introduced gradually to infants when developmentally ready and instructed by the parent.

**Items on the following meal chart with a “•” indicate the items are required and must be provided to the infant in order to claim reimbursement for that meal. Items listed under “When developmentally ready” are required only when the infant is developmentally ready to accept them.**

| Birth through 3 months   | 4 through 7 months  | 8 through 11 months  |
|--|---|--|
| <b>Breakfast</b>   |   |  |
| <ul style="list-style-type: none"> <li>• 4–6 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup></li> </ul> | <ul style="list-style-type: none"> <li>• 4–8 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup></li> </ul> <p><u>When developmentally ready</u><br/>0-3 T infant cereal<sup>1</sup></p>   | <ul style="list-style-type: none"> <li>• 6–8 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup> <b>and</b></li> <li>• 1–4 T fruit or vegetable or both <b>and</b></li> <li>• 2–4 T infant cereal<sup>1</sup></li> </ul>  |
| <b>Lunch/Supper</b>  |   |  |
| <ul style="list-style-type: none"> <li>• 4–6 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup></li> </ul> | <ul style="list-style-type: none"> <li>• 4–8 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup></li> </ul> <p><u>When developmentally ready</u><br/>0–3 T infant cereal<sup>1</sup><br/><b>and</b><br/>0–3 T fruit or vegetable or both</p> | <ul style="list-style-type: none"> <li>• 6–8 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup> <b>and</b></li> <li>• 1–4 T fruit or vegetable or both <b>and</b></li> <li>• 2–4 T infant cereal<sup>1</sup><br/><b>or in place of infant cereal you may serve a meat/meat alternate</b> <ul style="list-style-type: none"> <li>○ 1–4 T meat, fish, poultry, egg yolk, cooked dry beans or peas; <b>or</b> ½–2 oz cheese; <b>or</b> 2–8 T cottage cheese; <b>or</b> 1–4 oz cheese food, cheese spread</li> </ul> </li> <li><b>or you may also serve</b> <ul style="list-style-type: none"> <li>○ both the infant cereal and meat/meat alternate</li> </ul> </li> </ul> |
| <b>Supplement</b>  |   |  |
| <ul style="list-style-type: none"> <li>• 4–6 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup></li> </ul> | <ul style="list-style-type: none"> <li>• 4–6 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup></li> </ul>  | <ul style="list-style-type: none"> <li>• 2–4 fl oz formula<sup>1</sup> or breast milk,<sup>2,3</sup> or fruit juice<sup>4</sup></li> </ul> <p><u>When developmentally ready</u><br/>0–½ slice bread<sup>5</sup><br/><b>or</b><br/>0–2 crackers<sup>5</sup></p>   |

<sup>1</sup>Infant formula and dry infant cereal must be iron-fortified.

<sup>2</sup>Breast milk or formula, or portions of both, may be served; however, it is recommended breast milk be served in place of formula from birth through 11 months.

<sup>3</sup>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 if the infant is still hungry.

<sup>4</sup>Fruit juice must be full-strength.

<sup>5</sup>A serving of this component must be made from whole-grain or enriched meal or flour.

### CACFP Meal Pattern Requirements – Children (Ages 1 – 12)

The meal pattern shall contain, as a minimum, each of the following components in the amounts indicated for the specific age group.

|  | Ages 1 & 2                     | Ages 3, 4, & 5                 | Age 6 up to 12               |
|--|--------------------------------|--------------------------------|------------------------------|
| <b>BREAKFAST</b>   |                                |                                |                              |
| 1. Milk, fluid   | 1/2 cup                        | 3/4 cup                        | 1 cup                        |
| 2. Juice <sup>a</sup> or fruit or vegetable              | 1/4 cup                        | 1/2 cup                        | 1/2 cup                      |
| 3. Grains/Breads: <sup>b</sup>                           |                                |                                |                              |
| Bread  | 1/2 slice                      | 1/2 slice                      | 1 slice                      |
| Cornbread, biscuits, rolls, muffins, etc. <sup>b</sup>   | 1/2 serving                    | 1/2 serving                    | 1 serving                    |
| Cereal:  |                                |                                |                              |
| Cold dry   | 1/4 cup or 1/3 oz <sup>C</sup> | 1/3 cup or 1/2 oz <sup>C</sup> | 3/4 cup or 1 oz <sup>C</sup> |
| Hot cooked   | 1/4 cup total                  | 1/4 cup                        | 1/2 cup                      |
| Cooked pasta or noodle products                          | 1/4 cup                        | 1/4 cup                        | 1/2 cup                      |
| <b>LUNCH OR SUPPER</b>                                   |                                |                                |                              |
| 1. Milk  | 1/2 cup                        | 3/4 cup                        | 1 cup                        |
| 2. Meat or meat alternate:                               |                                |                                |                              |
| Meat, poultry, fish, cheese                              | 1 oz                           | 1+1/2 oz                       | 2 oz                         |
| Alternate protein products <sup>g</sup>                  | 1 oz                           | 1+1/2 oz                       | 2 oz                         |
| Yogurt, plain or flavored, unsweetened or sweetened      | 4 oz or 1/2 cup                | 6 oz or 3/4 cup                | 8 oz or 1 cup                |
| Egg, large   | 1/2 egg                        | 3/4 egg                        | 1 egg                        |
| Cooked dry beans or peas                                 | 1/4 Cup                        | 3/8 cup                        | 1/2 cup                      |
| Peanut butter or other nut or seed butter                | 2 Tbsp.                        | 3 Tbsp.                        | 4 Tbsp.                      |
| Peanuts or soy nuts or tree nuts or seeds                | 1/2 oz = 50% <sup>d</sup>      | 3/4 oz = 50% <sup>d</sup>      | 1 oz = 50% <sup>d</sup>      |
| 3. Vegetable and/or fruit <sup>e</sup> (at least two)    | 1/4 cup total                  | 1/2 cup total                  | 3/4 cup total                |
| 4. Grains/Breads: <sup>b</sup>                           |                                |                                |                              |
| Bread  | 1/2 slice                      | 1/2 slice                      | 1 slice                      |
| Cornbread, biscuits, rolls, muffins, etc. <sup>b</sup>   | 1/2 serving                    | 1/2 serving                    | 1 serving                    |
| Cereal:  |                                |                                |                              |
| Hot cooked   | 1/4 cup total                  | 1/4 cup                        | 1/2 cup                      |
| Cold, dry  | 1/4 cup or 1/3 oz <sup>C</sup> | 1/3 cup or 1/2 oz <sup>C</sup> | 3/4 cup or 1 oz <sup>C</sup> |
| Cooked pasta or noodle products                          | 1/4 cup                        | 1/4 cup                        | 1/2 cup                      |
| <b>SUPPLEMENT</b>  |                                |                                |                              |
| Select two of the following four components:             |                                |                                |                              |
| 1. Milk  | 1/2 cup                        | 1/2 cup                        | 1 cup                        |
| 2. Juice <sup>a</sup> or fruit or vegetable <sup>f</sup> | 1/2 cup                        | 1/2 cup                        | 3/4 cup                      |
| 3. Grains/Breads: <sup>b</sup>                           |                                |                                |                              |
| Bread  | 1/2 slice                      | 1/2 slice                      | 1 slice                      |
| Cornbread, biscuits, rolls, muffins, etc. <sup>b</sup>   | 1/2 serving                    | 1/2 serving                    | 1 serving                    |
| Cereal:  |                                |                                |                              |
| Cold dry   | 1/4 Cup or 1/3 oz <sup>C</sup> | 1/3 cup or 1/2 oz <sup>C</sup> | 3/4 cup or 1 oz <sup>C</sup> |
| Hot cooked   | 1/4 cup                        | 1/4 cup                        | 1/2 cup                      |
| 4. Meat or meat alternate :                              |                                |                                |                              |
| Meat, poultry, fish, cheese                              | 1/2 oz                         | 1/2 oz                         | 1 oz                         |
| Alternate protein products <sup>g</sup>                  | 1/2 oz                         | 1/2 oz                         | 1 oz                         |
| Egg, large   | 1/2 egg                        | 1/2 egg                        | 1/2 egg                      |
| Cooked dry beans or peas                                 | 1/8 Cup                        | 1/8 cup                        | 1/4 cup                      |
| Peanut butter or other nut or seed butter                | 1 Tbsp.                        | 1 Tbsp.                        | 2 Tbsp.                      |
| Peanuts or soy nuts or tree nuts or seeds                | 1/2 oz                         | 1/2 oz                         | 1 oz                         |
| Yogurt, plain or flavored, unsweetened or sweetened      | 2 oz or 1/4 cup                | 2 oz or 1/4 cup                | 4 oz or 1/2 cup              |

a Must be full strength fruit or vegetable juice.

b Bread, pasta or noodle products, and cereal grains shall be whole grain or enriched, cornbread, biscuits, rolls, muffins, etc., shall be made with whole grain or enriched meal or flour.

c Either volume (cup) or weight (oz), whichever is less.

d No more than 50% of the requirement shall be met with tree nuts or seeds. Tree nuts and seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 oz. Of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry or fish.

e Serve 2 or more kinds of vegetable(s) and/or fruit(s). Full strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

f Juice may not be served when milk is the only other component.

g Alternate protein products may be used as acceptable meat alternates. These products must meet the requirements of Appendix A of Guidance Memorandum 12C.