

Child and Adult Care Food Program

Food Chart

Meal Pattern Requirements for Infants

The new revisions have been updated as of August 2006.

Age	Breakfast	Lunch and Supper	Snack
Birth through 3 months	4–6 fluid ounces formula ¹ or breast milk ^{2,3}	4–6 fluid ounces formula ¹ or breast milk ^{2,3}	4–6 fluid ounces formula ¹ or breast milk ^{2,3}
4 months through 7 months	4–8 fluid ounces formula ¹ or breast milk ^{2,3} 0-3 tablespoons infant cereal ^{1,4}	4–8 fluid ounces formula ¹ or breast milk ^{2,3} 0-3 tablespoons infant cereal ^{1,4} 0-3 tablespoons fruit and/or vegetable ⁴	4–6 fluid ounces formula ¹ or breast milk ^{2,3}
8 months through 11 months	6–8 fluid ounces formula ¹ or breast milk ^{2,3} and 2–4 tablespoons infant cereal ¹ and 1–4 tablespoons fruit and/or vegetable	6–8 fluid ounces formula ¹ or breast milk ^{2,3} 2–4 tablespoons infant cereal ¹ and 1–4 tablespoons fruit and/or vegetable 1–4 tablespoons meat, fish, poultry, egg yolk, or cooked dry beans or peas; or ½–2 ounces cheese, or 1–4 Tbsp cottage cheese, cheese food or cheese spread.	2–4 fluid ounces formula ¹ or breast milk ^{2,3} or fruit juice ⁵ 0–1/2 slice bread ^{4,6} or 0–2 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 offered 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 alternates shall be made from whole-grain or enriched meal or flour.