

Child and Adult Care Food Program

INFANT MEAL REQUIREMENTS

- Foods should be of a texture and consistency appropriate for the age served and given at a time consistent with the child's eating habits
- The **MINIMUM** amounts 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
- Bread or crackers must be made from whole grain or enriched meal or flour and suitable for an infant for use as a finger food

	Birth through 3 Months	4 Months Through 7 Months	8 Months Through 11 Months
Breakfast	4-6 fluid ounces of iron fortified infant formula or breast milk*	4-8 ounces of iron-fortified infant formula or breast milk* AND (Optional) 0-3 Tbsp. of iron fortified dry infant cereal	6-8 ounces of iron-fortified infant formula or breast milk* AND 2-4 Tbsp. of iron fortified dry infant cereal AND 1-4 Tbsp of fruit and/or vegetable of appropriate consistency
Lunch or Supper	4-6 fluid ounces of iron-fortified infant formula or breast milk*	4-8 fluid ounces of iron-fortified infant formula or breast milk* AND: (Optional) 0-3 Tbsp. or iron fortified dry infant cereal 0-3 Tbsp. of fruit and/or vegetable of appropriate consistency	6-8 fluid ounces of iron fortified infant formula or breast milk* AND 2-4 Tbsp. of iron-fortified dry cereal OR 1-4 Tbsp. of meat, fish, poultry, egg yolk or cooked dry beans or peas OR ½-2 ounces (weight) of cheese OR 1-4 ounces (weight or volume) of cottage cheese or cheese food or cheese spread of appropriate consistency AND 1-4 Tbsp. of fruit and/or vegetable of appropriate consistency
Supplement (Snack)	4-6 fluid ounces of iron-fortified infant formula or breast milk*	4-6 fluid ounces of iron-fortified infant formula or breast milk*	2-4 fluid ounces of iron-fortified infant formula, breast milk* or 100% juice AND: (optional) 0-1/2 slice of crusty bread OR 0-2 cracker type products (must be made from whole-grain or enriched meal or flour and suitable for an infant for use as finger food.)

Breast Milk/Formula-*Breast milk must be provided by the infant's own mother. Meals/Snacks containing only breast milk may be claimed for reimbursement.

*Infant formula and infant cereal must be iron-fortified. When the parent provides the iron-fortified infant formula because they have declined the type offered by their provider, the meal or snack may be claimed.

NOTE: Foods that may not be served to infants include peanut butter and honey (including graham crackers with honey) egg whites, and commercially prepared fish products (such as fish sticks).

Child and Adult Care Food Program Meal Pattern Requirements

	Ages 1 and 2	Ages 3, 4, and 5	Ages 6 through 12
Breakfast Milk, fluid* Vegetable, Fruit or full-strength Juice** Grains/Breads** (whole grain or enriched) Bread or cornbread, rolls, muffins, or biscuits or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products, or cereal grains	1/2 cup 1/4 cup 1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/4 cup	3/4 cup 1/2 cup 1/2 slice 1/2 serving 1/3 cup or 1/2 oz. 1/4 cup	1 cup 1/2 cup 1 slice 1 serving 3/4 cup or 1 oz. 1/2 cup
Lunch or Supper Milk, fluid Vegetable and/or Fruit (2 or more kinds) **+ Grains/Breads ** (whole grain or enriched) Bread or cornbread, rolls, muffins, or biscuits or cooked pasta, noodle products, or cereal grains or cold dry cereal (volume or weight, whichever is less) Meat or meat alternates ** Lean meat, fish, or poultry *** or cheese or cottage cheese, cheese food, cheese spread or yogurt or egg or cooked dry beans or dry peas or peanut butter, soy nut butter, or other nut or seed butters or peanuts, soy nuts, tree nuts, or seeds	1/2 cup 1/4 cup total 1/2 slice 1/2 serving 1/4 cup 1/2 cup or 1/3 oz. 1 oz. 1 oz. 2 oz. (1/4 cup) 4 oz. (1/2 cup) 1 egg 1/4 cup 2 Tbsps 1/2 oz. ****	3/4 cup 1/2 cup total 1/2 slice 1/2 serving 1/4 cup 1/3 cup or 1/2 oz. 1-1/2 oz. 1-1/2 oz. 3 oz. (3/8 cup) 6 oz. (1 cup) 1 egg 1/2 cup 4 Tbsps 1 oz. ****	1 cup 3/4 cup total 1 slice 1 serving 1/2 cup 3/4 cup or 1 oz. 2 oz. 2 oz. 4 oz. (1/2 cup) 8 oz. (1 cup) 1 egg 1/2 cup 4 Tbsps. 1 oz. ****
SNACK (Select 2 of the following 4 components) Note: Juice may not be served when milk is served as the only other component. Milk, fluid * Vegetable, Fruit or full-strength Juice ** Grains/Breads ** (whole grain or enriched): Bread or cornbread, rolls, muffins, or biscuits or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products, or cereal grains Meat or meat alternates ** Lean meat, fish, poultry *** or cheese or cottage cheese, cheese food, or cheese spread or yogurt, plain or sweetened and flavored or egg or cooked dry beans or dry peas or peanut butter, soy nut butter or other nut or seed butters or peanuts, soy nuts, tree nuts, or seeds	1/2 cup 1/2 cup 1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/4 cup 1/2 oz. 1/2 oz. 1 oz. (1/8 cup) 2 oz. (1/4 cup) 1/2 egg 1/8 cup 1 Tbs. 1/2 oz.	1/2 cup 1/2 cup 1/2 slice 1/2 serving 1/3 cup or 1/3 oz. 1/4 cup 1/2 oz. 1/2 oz. 1 oz. (1/8 cup) 2 oz. (1/4 cup) 1/2 egg 1/8 cup 1 Tbs. 1/2 oz.	1 cup 3/4 cup 1 slice 1 serving 3/4 cup or 1 oz. 1/2 cup 1 oz. 1 oz. 2 oz. (1/4 cup) 4 oz. (1/2 cup) 1 egg 1/4 cup 2 Tbsps. 1 oz.

* As purchased, fluid, fortified, whole, low fat, skim, cultured buttermilk and flavored milk

** Or an equivalent quantity of any combination

**+ Full-strength vegetable or fruit juice may contribute to no more than one-half of this requirement

*** Cooked lean meat without bone or breading

**** No more than 50% of the meat/meat alternate requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to meet the requirement.