

Child Care Food Program Meal Pattern for Infants

To comply with the Child Care Food Program regulations, the Infant Meal Pattern lists the amount of food to be offered to children from birth through the 11th month. Breastmilk or iron-fortified infant formula or portions of both must be served for the entire first year. Food within the meal pattern should be the texture and consistency appropriate for the age of the infant and may be served during a span of time consistent with the infant's eating habits. The decision to introduce solid foods should be made in consultation with the child's parents. Providers should receive written instruction on introduction of solid foods from the parent or health care provider. The infant meal must contain each of the following components in the amounts indicated for the appropriate age group in order to qualify for reimbursement.

Infant Meal Pattern Food Components:		Age Group and Serving Size:		
		Birth – 3 months:	4 – 7 months:	8 – 11 months:
Breakfast	Breastmilk ^{1, 2} or infant formula ³	4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz.
	Vegetable and/or fruit			1-4 Tbsp.
	Infant cereal ³		*0-3 Tbsp.	2-4 Tbsp.
Snack	Breastmilk ^{1, 2} or infant formula ³ or:	4-6 fl. oz.	4-6 fl. oz.	2-4 fl. oz. or:
	Full strength fruit juice			2-4 fl. oz.
	Bread ⁴ or Crackers ⁴			*0-1/2 slice *0-2
Lunch/Supper	Breastmilk ^{1, 2} or infant formula ³ and:	4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz. and:
	Vegetable and/or fruit		*0-3 Tbsp.	1-4 Tbsp.
	In addition for 8-11 months, you must choose one or more of the following:			
	Infant cereal ³		*0-3 Tbsp.	2-4 Tbsp.
	Meat, fish, poultry, egg yolk, or cooked dry beans or peas			1-4 Tbsp.
	Cheese			½ - 2 oz. (weight)
	Cottage cheese			1-4 oz. (volume)
Cheese food or cheese spread			1-4 oz. (weight)	
*NOTE: A SERVING OF THIS COMPONENT IS REQUIRED ONLY WHEN THE INFANT IS DEVELOPMENTALLY READY TO ACCEPT IT.				

1. Breastmilk or formula or portions of both, may be served, however, it is recommended that breastmilk be served in place of formula from birth through 11 months.
2. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered if the infant is still hungry.
3. Infant formula and dry infant cereal must be iron-fortified.
4. Bread or crackers must be made from whole-grain or enriched meal or flour.

Darker shaded areas are not required for reimbursable infant meals. Lighter shaded areas are required only when the infant is developmentally ready to accept.