



Children's Hunger Alliance

CACFP Infant Meal Patterns

Ages Birth through 5 Months

Breakfast, Snack, Lunch & Supper Meal Patterns

Milk	4-6 oz	breastmilk ¹ or formula ²
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Ages 6 Months through 11 Months

Breakfast, Snack, Lunch & Supper Meal Patterns

Milk	6-8 oz	breastmilk ¹ or formula ²
Grain/ Meat/Meat Alternate	0-1/2 oz eq	infant cereal ² or
	0-4 tbs	meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas or
	0-2 oz	cheese or
	0-4 oz	cottage cheese or yogurt ³ or
	0-4 oz	a combination of the above ⁴
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both ^{4,5}

Snack Meal Patterns

Milk	2-4 oz	breastmilk ¹ or formula ²
Grain	0-1/2 oz eq	slice bread ⁶ or
	0-1/4 oz eq	crackers ⁶ or
	0-1/2 oz eq	infant cereal ^{2,4} or
	0-1/4 oz eq	ready-to-eat breakfast cereal ^{4,6,7}
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both ^{4,5}

oz eq = ounce equivalents

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. 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 at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁴ A serving of this component is required when the infant is developmentally ready to accept it.

⁵ Fruit and vegetable juices must not be served.

⁶ A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁷ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 212 grams sucrose and other sugars per 100 grams of dry cereal).



Children's Hunger Alliance is a sponsoring organization for the USDA Child & Adult Care Food Program. CACFP is an indicator of quality child care. This institution is an equal opportunity provider.

Visit childrenshungeralliance.org for information.