

# CACFP INFANT MEAL PATTERN

## INFANT FOOD CHART

2/2017

BREAKFAST, LUNCH, SUPPER	0-5 MONTHS	6 MONTHS TO 1 <sup>ST</sup> BIRTHDAY
<b>Breast Milk or Iron Fortified Formula</b> Or portions of both 	4-6 ounces	6-8 ounces
<b>Vegetables or Fruits</b> (no juice) 	Not required for this age group.	0-2 Tbsp. Vegetable or Fruit or both
<b>Meat or Meat Alternate (choose one)</b> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;">  Dry infant cereal                              Cooked dry peas (lentils)                         </div> <div style="width: 50%;">  Meat                              Cooked dry beans                         </div> <div style="width: 50%;">  Fish                              Cheese                         </div> <div style="width: 50%;">  Poultry                              Cottage cheese                         </div> <div style="width: 50%;">  Whole egg                              Yogurt                         </div> </div>		<b>Choose at least one of the following:</b>  <b>0-4 Tbsp of:</b> <ul style="list-style-type: none"> <li>• Dry infant cereal</li> <li>• Meat</li> <li>• Fish</li> <li>• Poultry</li> <li>• Whole egg</li> <li>• Cooked dry peas</li> <li>• Cooked dry beans</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>• 0-2 ounces cheese</li> <li>• 0-4 ounces cottage cheese</li> <li>• 0-4 ounces dairy yogurt</li> </ul> (1 oz = 2 Tbsp) (4oz = 1/2 c)
<b>SNACK</b>		0-5 MONTHS
<b>Breast Milk or Iron Fortified Formula</b> Or portions of both 	4-6 ounces	2-4 ounces
<b>Vegetable or Fruit</b> (no juice) 	Not required for this age group.	0-2 Tbsp Vegetable or Fruit or both
<b>Enriched Bread or Crackers, Dry infant cereal or Ready-to-eat cereal (may be whole-grain or whole-grain rich)</b> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Crusty Bread                              Cracker                         </div> <div style="text-align: center;">  Dry infant cereal                              Ready-to-eat cereal                         </div> </div>		<b>Choose one:</b> <ul style="list-style-type: none"> <li>• 0 - ½ slice of crusty bread</li> <li>• 0-2 crackers</li> <li>• 0 - 4 Tbsp (1/4 c) dry infant cereal or ready-to-eat breakfast cereal</li> </ul>
<p>* Breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, may be served less than the minimum amount of breastmilk, with additional breastmilk offered at a later time if the infant is still hungry.</p> <p>*Solid foods are required as soon as the infant is developmentally ready. *Infant cereal is not to be served in a bottle.</p> <p>* Infant formula and dry infant cereal must be iron fortified. At least 1 mg iron per 100 kilocalories</p> <p>*Only fluid formula is creditable. *Infant cereal must be made with formula, but formula does not count toward fluid requirement.</p> <p>* Yogurt must contain no more than 23 grams of total sugars per 6 ounces.</p> <p>* Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.</p>		