



# CACFP Infant Meal Pattern

The CACFP infant meal pattern encourages delaying the introduction of solid food until the infant is 6 months. However, the age when solid foods are introduced will depend on the infant. Infants develop at different rates; some infants are ready to consume solid foods before 6 months of age while others are ready after 6 months.

Food amounts listed in the meal pattern begin with zero (0) because not all infants are developmentally ready to eat solid foods at a certain age. It does not mean serving the food is optional. Once an infant is developmentally ready to eat foods, including infants younger than 6 months, programs are required to offer them to the infant.

## Breakfast / Lunch / Supper

<b>Birth through 5 months</b>	4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both
<b>6 through 11 months</b>	<p>6-8 fluid ounces breastmilk, iron fortified infant formula, or portions of both</p> <p><b>And, when developmentally ready, one or more items from the following:</b></p> <p>0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC)*; OR            0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas); OR            0-2 ounces of cheese; OR            0-4 ounces (volume) of cottage cheese or yogurt (regular and soy); OR            0-4 tablespoons commercially prepared tofu</p> <p style="text-align: center;"><b>AND</b></p> <p>0-2 tablespoons vegetable, fruit, or a combination of both (no juice)</p>

\*Grain items (i.e., bread, pancakes, waffles, breakfast cereal, etc.) are not creditable foods at breakfast, lunch, and supper in the infant meal pattern. They cannot be served in place of IFIC. IFIC or a meat/meat alternate must be served.

## Snack

<b>Birth through 5 months</b>	4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both
<b>6 through 11 months</b>	<p>2-4 fluid ounces breastmilk, iron fortified infant formula, or portions of both</p> <p><b>And, when developmentally ready, one or more items from the following:</b></p> <p>0-½ oz eq bread/bread-like items**; OR            0-¼ oz eq crackers; OR            0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR            0-¼ oz eq ready-to-eat breakfast cereal</p> <p style="text-align: center;"><b>AND</b></p> <p>0-2 tablespoons vegetable, fruit, or a combination of both (no juice)</p>

\*\*Bread-like items: biscuit, bun, roll, muffin, English muffin, pancake, pita bread, soft tortilla, waffle, etc. See next page for the **Infant Grains Chart** and serving size amounts.

## Additional Requirements

- Breastfed infants who consume less than the minimum required amount of breastmilk per feeding may be served less than the minimum with additional breastmilk offered later if the infant will consume more.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Grains served at snack must be whole grain-rich, enriched meal, or enriched flour.
- Breakfast cereals served at snack must contain no more than 6 grams of sugar per dry ounce.



# CACFP Infant Grains Chart

The following grain items are creditable at SNACK only.

The chart below is a serving size guide for grain items commonly served to infants. The amounts listed are what must be served to meet the ounce equivalent (oz eq) grain requirement. They are based on the weight of the grain items in grams (g).

Bread and Bread-like Items: 1/2 oz eq Required	
Grain Item and Size	1/2 oz eq is about...
Biscuit	1/2 biscuit or 14 g
Bread	1/2 slice or 14 g
Bun or Roll	1/2 bun/roll or 14 g
Corn Muffin	1/2 muffin or 17 g
English Muffin (top and bottom)	1/4 muffin or 14 g
Pancake	1/2 pancake or 17 g
Pita Bread/Round	1/4 pita or 14 g
Tortilla, Soft, Corn (about 5 1/2")	3/4 tortilla or 14 g
Tortilla, Soft, Flour (~ 6")	1/2 tortilla or 14 g
Tortilla, Soft, Flour (~ 8")	1/4 tortilla or 14 g
Waffle	1/2 waffle or 17 g

Crackers and Ready-to-Eat Cereals: 1/4 oz eq Required	
Grain Item and Size	1/4 oz eq is about...
Cereal, Ready-to-Eat: Flakes or Rounds (e.g., o-shaped cereal)	4 Tablespoons (1/4 cup) or 7 g
Cereal, Ready-to-Eat: Puffed (e.g., crispy puffed rice cereal)	5 Tablespoons (1/3 cup) or 7 g
Cracker, Animal (about 1 1/2" x 1")	4 crackers or 7 g
Cracker, Bear-shaped* or Similar, Sweet (about 1" x 1/2")	6 crackers or 7 g
Cracker, Cheese, Square, Savory (about 1" x 1")	5 crackers or 6 g
Cracker, Fish-shaped or Similar, Savory (about 3/4" x 1/2")	11 crackers or 6 g
Cracker, Graham* (about 5" x 2 1/2" full sheet)	1/2 cracker or 7 g
Cracker, Oyster	14 crackers (1/8 cup) or 6 g
Cracker, Round, Savory (about 1 3/4" across)	2 crackers or 6 g
Cracker, Round, Savory, Mini (about 1" across)	4 crackers or 6 g
Cracker, Saltine (about 2" x 2")	2 crackers or 6 g
Cracker, Thin Wheat, Square, Savory (about 1 1/4" x 1 1/4")	3 crackers or 6 g
Cracker, Zwieback*	1 cracker or 6 g

\*Honey or honey-flavored foods should never be fed to babies younger than 1 year.

### Minimize Choking Risks:

- Do not offer babies crackers containing seeds and nuts.
- Cut breads and bread-like items into thin strips or small pieces no larger than 1/2 inch.