

CACFP Infant Meal Pattern

CACFP infant meal pattern age groups encourage 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 and others are ready after 6 months of age.

Food amounts listed in the meal pattern begin with zero (0) because USDA recognizes that 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 solid foods, including infants younger than 6 months, programs are required to offer them to the infant.

Breakfast / Lunch / Supper	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	6-8 fluid ounces breastmilk, iron fortified infant formula, or portions of both; AND <i>(One or more items from the following*)</i> 0-4 tablespoons iron fortified infant cereal; 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 AND 0-2 tablespoons vegetable, fruit or a combination of both <i>(no juice)</i>
Snack	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	2-4 fluid ounces breastmilk, iron fortified infant formula, or portions of both; AND <i>(One or more items from the following)</i> 0-½ slice bread; OR 0-2 crackers; OR 0-4 tablespoons iron fortified infant cereal or ready-to-eat breakfast cereal AND 0-2 tablespoons vegetable, fruit, or a combination of both <i>(no juice)</i>

**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.*

Additional Requirements
<ul style="list-style-type: none"> • Breastfed infants who consume less than the minimum 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