

**Child and Adult Care Food Program
Meal Pattern for Infants**

	Breakfast	Lunch or Supper	Snack
Infants Birth through 3 months	4-6 fluid ounces (fl oz) breast milk (1) or formula (2)	4-6 fl oz. breast milk (1) or formula (2)	4-6 fl oz. breast milk (1) or formula (2)
Infants 4 months through 7 months	4-8 fl oz. breast milk (1) or formula (2) 0-3 tablespoons (tbsp) Infant cereal (3) (optional)	4-8 fl oz. breast milk (1) or formula (2) 0-3 tbsp infant cereal (3) (optional) 0-3 tbsp fruit and/or vegetable (optional)	4-6 fl oz. breast milk, (1) or formula (2)
Infants 8 months through 11 months	6-8 fl oz. breast milk, (1) formula (2) or whole milk 2-4 tbsp infant cereal (3) 1-4 tbsp fruit and/or vegetable	6-8 fl oz. breast milk, formula (2), or whole milk 2-4 tbsp infant cereal (3) and/or 1-4 tbsp meat, fish, poultry, egg yolk, or cooked dry bean or peas, or 1/2 -2 oz. cheese, cheese food, or cheese spread 1-4 tbsp fruit and/or vegetable	2-4 fl oz. breast milk, formula, (2) whole milk, or fruit juice (4) 0-1/2 slice bread or 0-2 crackers (5) (optional)

- 1 – meals containing only breast milk are not reimbursable
- 2 – iron-fortified infant formula
- 3 – Iron-fortified dry infant cereal
- 4 – full-strength fruit juice
- 5 – made from whole-grain or enriched meal or flour

Note: The American Academy of Pediatrics does not recommend serving cow's milk to children less than one year of age.