

APPENDIX C

CACFP MEAL PATTERN REQUIREMENTS - BIRTH THROUGH 11 MONTHS

The infant meal pattern shall contain, as a minimum, each of the following components in the amounts indicated for the specific age group.

The minimum quantity of food shall be provided to the infant, but may be served during a span of time consistent with the infant's eating habits.

Birth Through 3 Months	4 Through 7 Months	8 Through 11 Months
BREAKFAST		
4- 6 fl. oz. formula ¹ or breast milk ^{5,6}	4-8 fl. oz. formula ¹ or breast milk ^{5,6} 0-3 T. infant cereal ² (optional)	6-8 fl. oz. formula ¹ , breast milk ^{5,6} 2-4 T. infant cereal ² 1-4 T. fruit and/or vegetable
LUNCH OR SUPPER		
4- 6 fl. oz. formula ¹ or breast milk ^{5,6}	4-8 fl. oz. formula ¹ or breast milk 0-3 T. infant cereal ² (optional) 0-3 T. fruit and/or vegetable (optional)	6-8 fl. oz. formula ¹ , breast milk ^{5,6} 2-4 T. infant cereal ² and/or 1-4 T. meat, fish, poultry, egg yolk, or cooked dry beans or peas, or ¹ / ₂ -2 oz. cheese or 1-4 oz. cottage cheese, cheese food, or cheese spread 1-4 T. fruit and/or vegetable
SNACK		
4- 6 fl. oz. formula ¹ or breast milk ^{5,6}	4-6 fl. oz. formula ¹ or breast milk ^{5,6}	2-4 fl. oz. formula ¹ , breast milk, or fruit juice ³ 0- ¹ / ₂ bread or 0-2 crackers (optional) ⁴

¹ Shall be iron-fortified infant formula.

² Shall be iron-fortified dry infant cereal.

³ Shall be full-strength fruit juice.

⁴ Shall be from whole-grain or enriched meal or flour.

⁵ It is recommended that breast milk be served in place of formula from birth through 11 months.

⁶ For some breast-fed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.

Required Guidelines for Infant Meal Pattern

Definition of Infant. Any child less than 12 months of age.

Definition of Infant Formula. Infant formula defined by USDA is "any iron-fortified infant formula intended for dietary use as a sole source for food for normal healthy infants served in liquid state at manufacturer's recommended dilution".

Infant Formula/Breast Milk. The decision regarding feeding infants breast milk or the type of infant formula is one for the infant's doctor and parents/guardian to make together.

Definition of Optional. Optional foods must be served as each infant becomes developmentally ready for the specified foods.