

# Child and Adult Care Food Program INFANT MEAL PATTERNS

<b>BREAKFAST</b>		<b>Age:</b>	<b>Birth - 3 Months</b>	<b>4 - 7 Months</b>	<b>8 - 11 Months</b>
	<b>Breastmilk, formula</b> Iron-fortified infant formula		4 - 6 fluid ounces Breast milk* or Iron-fortified infant formula	4 - 8 fluid ounces Breast milk* or Iron-fortified infant formula	6 - 8 fluid ounces Breast milk* or Iron-fortified infant formula
	<b>Infant Cereal</b> Iron-fortified, dry, plain infant cereal			0 - 3 Tablespoons (optional)	2 - 4 Tablespoons
	<b>Fruit and/or Vegetable</b> Plain fruit and/or vegetable only				1 - 4 Tablespoons
<b>SNACK</b>		<b>Age:</b>	<b>Birth - 3 Months</b>	<b>4 - 7 Months</b>	<b>8 - 11 Months</b>
	<b>Breastmilk, formula</b> Iron-fortified infant formula		4 - 6 fluid ounces	4 - 6 fluid ounces	2 - 4 fluid ounces
	<b>Bread or bread alternate</b> made from whole-grain or enriched meal or flour				0 - 1/2 bread** or 0 - 2 crackers** (optional)
<b>LUNCH/SUPPER</b>		<b>Age:</b>	<b>Birth - 3 Months</b>	<b>4 - 7 Months</b>	<b>8 - 11 Months</b>
	<b>Breastmilk, formula</b> Iron-fortified infant formula		4 - 6 fluid ounces	4 - 8 fluid ounces	6 - 8 fluid ounces
	<b>Infant Cereal</b> Iron-fortified, dry, plain infant cereal			0 - 3 Tablespoons (optional)	2 - 4 Tablespoons <b>OR</b>
	<b>Meat or meat alternate</b> plain meat, fish, poultry, egg yolk, cooked dry beans or dry peas				1 - 4 Tablespoons <b>OR</b>
	<b>or Cheese</b>				1/2 - 2 ounces <b>OR</b>
	<b>or Cottage Cheese</b>				1 - 4 ounces (by volume) <b>OR</b>
	<b>or Cheese food or cheese spread</b>				1 - 4 ounces (by weight)
	<b>Fruit and/or Vegetables</b>			0 - 3 Tablespoons (optional)	1 - 4 Tablespoons
<p>*It is recommended that breast milk be served in place of formula from birth through 11 months  **A serving of bread or crackers must be made from whole-grain or enriched meal or flour</p>					