(CACFF) Imant Wear Fatterns		
Infants	Birth through 5 months	6 through 11 months
Breakfast, Lunch,	4-6 fluid ounces breastmilk ¹ or	6-8 fluid ounces breastmilk ¹ or
or Supper	formula ²	formula; ² and
		$0^{-1/2}$ ounce equivalent infant cereal; ^{2 3} 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
		0-4 ounces or $\frac{1}{2}$ cup of yogurt; ⁴ or
		a combination of the above; ⁵ and
		,
		0-2 tablespoons vegetable or
		fruit, or a combination of both. ⁵⁶
Snack	4-6 fluid ounces breastmilk ¹ or	2-4 fluid ounces breastmilk ¹ or
	formula ²	formula; ² and
		$0^{-1/2}$ ounce equivalent bread; ^{3 7} or
		$0^{-1/4}$ ounce equivalent crackers; ³⁷ or
		$0^{-1/2}$ ounce equivalent infant cereal; ^{2 3} or
		0-2 tablespoons vegetable or
		 0-½ ounce equivalent infant cereal;^{2,3} or 0-¼ ounce equivalent ready-to-eat breakfast cereal;^{3,5,7,8} and 0-2 tablespoons vegetable or fruit, or a combination of both.^{5,6}

(CACFP) Infant Meal Patterns

¹Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³Refer to FNS guidance for additional information on crediting different types of grains.

⁴Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶Fruit and vegetable juices must not be served.

⁷A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).