

Infant Meal Pattern

INFANTS	Birth - 5 Months	6 - 11 Months
<p>Breakfast, Lunch, & Dinner</p>	<ul style="list-style-type: none"> • 4-6 fluid ounces breastmilk¹ OR formula² 	<ul style="list-style-type: none"> • 6-8 fluid ounces breastmilk¹ or formula²; AND • <i>Choose one meat/alternate:</i> <ul style="list-style-type: none"> - 0-4 tablespoons infant cereal^{2,3}, meat, fish, poultry, whole egg, cooked dry beans, cooked dry peas; OR - 0-2 ounces of cheese; OR - 0-4 ounces (volume) of cottage cheese; OR - 0-4 ounces or 1/2 cup of yogurt⁴; OR - a combination of the above⁵; AND • 0-2 tablespoons vegetable or fruit or a combination of both^{5,6}
<p>Snack</p>	<ul style="list-style-type: none"> • 4-6 fluid ounces breastmilk¹ OR formula² 	<ul style="list-style-type: none"> • 2-4 fluid ounces breastmilk¹ or formula²; AND • <i>Choose one:</i> <ul style="list-style-type: none"> - 0-1/2 slice bread^{3,7}; OR - 0-2 crackers^{3,7}; OR - 0-4 tablespoons infant cereal^{2,3,7} OR ready-to-eat breakfast cereal^{3,5,7,8}; AND • 0-2 tablespoons vegetable or fruit, or a combination of both^{5,6}

¹ Breastmilk 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 for 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.

³ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁴ Yogurt 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.

⁶ Fruit and vegetable juices must not be served.

⁷ A 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).

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