

CHILD AND ADULT CARE FOOD PROGRAM MEAL CHART FOR INFANTS

6 Weeks through 5 months	
Breakfast	4-6 oz Iron Fortified Infant formula (IFIF) or Breast milk (BM) (REQUIRED)
Lunch/Supper	4-6 oz Iron Fortified Infant formula (IFIF) or Breast milk (BM) (REQUIRED)
Supplement	4-6 oz Iron Fortified Infant formula (IFIF) or Breast milk (BM) (REQUIRED)
6 through 11 months	
Breakfast	6-8 oz Iron Fortified Infant formula (IFIF) or Breast milk (BM) (REQUIRED)
	0-4 Tbsp. Iron Fortified Infant Cereal (IFIC) OR 0-4 Tbsp Meat / Meat Alternate (meat, poultry, fish, whole eggs, cooked dry beans or peas) OR 0-2 oz Cheese OR 0-4 oz Cottage cheese or yogurt (Developmentally Ready)
	0-2 Tbsp. Fruit or Vegetable - can NOT be juice (Developmentally Ready)
Lunch/Supper	6-8 oz Iron Fortified Infant formula (IFIF) or Breast milk (BM) (REQUIRED)
	0-4 Tbsp. Iron Fortified Infant Cereal (IFIC) OR 0-4 Tbsp Meat / Meat Alternate (meat, poultry, fish, whole eggs, cooked dry beans or peas) OR 0-2 oz Cheese OR 0-4 oz Cottage cheese or yogurt (Developmentally Ready)
	0-2 Tbsp. Fruit or Vegetable - can NOT be juice (Developmentally Ready)
Supplement	2-4 oz. Iron Fortified Infant Formula or Breast milk (BM) (REQUIRED)
	0-4 Tbsp Iron Fortified Infant Cereal OR 0-1/2 Slice of Bread OR 0-2 crackers OR 0-4 Tbsp Ready-to-eat breakfast cereal (Developmentally Ready)
	0-2 Tbsp. Fruit or Vegetable -can NOT be juice (Developmentally Ready)
Developmentally Ready - solid foods are gradually introduced as infants are physically ready to accept them, i.e. infant is able to sit in high chair, opens his or her mouth when food comes his or her way, reach for food, watch others eat, move food from spoon into his or her throat, etc...	
Please note: Baby "fruit desserts and cobblers" and combination dinners such as "meat noodle or meat/vegetable" dinners are not creditable.	



To comply with the Child and Adult Care Food Program regulations, the Infant Meal Pattern lists the amount of food to be offered to children from birth through 11 months. Regular CACFP meal patterns cannot be used to meet the meal pattern requirements for children under 1 year of age. Either breast milk or iron fortified infant formula (**IFIF**) **must be served for their entire first year**. It is recommended that breast milk be served in place of formula from birth through 11 months. Cow's milk must not be used for infants less than one year of age. Food within the meal pattern should be the texture and consistency appropriate for the age of the infant and may be served during a span of time consistent with the infant's eating habits. Solid food may be introduced gradually to infants, age six months and older, to ensure their nutritional well-being. The infant meal must contain each of the following components in the amounts indicated for the appropriate age group. **Once a food item is introduced to the infant's diet; it is required.**

Meals containing only breast milk (expressed by the mother and/or fed by provider) or formula furnished by the parent for infants birth through 11 months may be claimed for reimbursement. Breakfasts and lunch/supper meals with breast milk/formula furnished by the parent for infants, 6 through 11 months, must contain the other developmentally appropriate component(s) and must be furnished by the day care to count as a reimbursable meal.

Supplements containing only breast milk/formula furnished by the parent for infants, 6 through 11 months old, may be claimed for reimbursement unless the developmentally appropriate component has been introduced to the infant's diet. **If introduced, the component must be contained in the meal and be furnished by the day care to count as a reimbursable meal.**

For some breastfed 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 or IFIF offered if the infant is still hungry.

Once an infant reaches his/her first birthday, for a period of one month, when the child is weaning from infant formula to whole cow's milk (i.e., transitioning); meals that contain IFIF may be reimbursable. When a child is weaned from IFIF (or breast milk) to cow's milk, it is a common practice to provide the infant with both foods at the same meal service, to gradually ease the infant to accept some of the new food. However, unlike breast milk, IFIF is not an alternative type of milk that can be substituted to meet the fluid milk requirement for the CACFP meal pattern for children over the age of one year. Thus, for a child 13 months of age and older who is not in this transitional stage, a statement from a recognized medical authority is needed for a meal containing IFIF to be eligible for reimbursement.

Infant formula means any iron-fortified formula intended for dietary use solely as a food for normal, healthy infants; excluding those formulas specifically formulated for infants with inborn errors of metabolism or digestive absorption problems.

- ✓ Infant formula, as served, must be in liquid state at recommended dilution.
- ✓ Infant formula and dry infant cereal must be iron-fortified.
- ✓ Fruit and vegetable juice cannot be served
- ✓ Honey must not be used in infant meals.
- ✓ Nuts, seeds or nut butters are not allowed as a meat alternate.
- ✓ Crusty bread or cracker type products must be made from whole grain or enriched meal or flour.

