



# Child and Adult Care Food Program (CACFP) Infant Meal Pattern

- Infants should be fed on demand when they show hunger signals
- Sponsors must offer at least one reimbursable iron-fortified infant formula (IFIF)
- The tables below list minimum serving sizes to meet meal pattern requirements

**Abbreviations:**

Fl. oz. = Fluid Ounces  
 Oz. eq. = Ounce Equivalent  
 Oz. = Ounce (weight)  
 Tbsp. = Tablespoon

## Breakfast, Lunch, and Supper:

Food Components and Food Items	Birth – 5 Months	6 – 11 Months
<b>Breast Milk<sup>1</sup> or Iron-Fortified Infant Formula (IFIF)<sup>1,2</sup></b>	4-6 fl. oz.	6-8 fl. oz.
<b>Fruit or Vegetable<sup>3,4</sup> or a combination of both</b>		0-2 Tbsp.
<b>Iron-Fortified Infant Cereal (IFIC)<sup>5,6</sup></b> or <b>Meat/Meat Alternates (M/MA)<sup>3</sup></b> , including Meat, fish, poultry, whole eggs, cooked beans/peas, or Cheese, or Cottage Cheese, or Yogurt <sup>7</sup>		0 – ½ oz. eq. (0-4 Tbsp.)  0-4 Tbsp. 0-2 oz. 0-4 oz. or ½ cup 0-4 oz. or ½ cup

**Note:** Iron-Fortified Infant Cereal (IFIC) is the only Grain item that is allowed at Breakfast, Lunch, and Supper. Infants that do not consume IFIC can be served a M/MA item instead.

## Snack:

Food Components and Food Items	Birth – 5 Months	6 – 11 Months
<b>Breast Milk<sup>1</sup> or Iron-Fortified Infant Formula (IFIF)<sup>1,2</sup></b>	4-6 fl. oz.	2-4 fl. oz.
<b>Fruit or Vegetable<sup>3,4</sup> or a combination of both</b>		0-2 Tbsp.
<b>Iron-Fortified Infant Cereal (IFIC)<sup>5,6</sup></b> or <b>Breads, Crackers, or Ready-to-Eat (RTE) Cereals<sup>5,6,8</sup></b> Bread, Tortilla, or Biscuit, or Waffle, Pancake, or English Muffin, or Savory Crackers, or Sweet Crackers, or RTE Cereals, Flakes or Rounds <sup>9</sup> , or RTE Cereals, Puffs <sup>9</sup>		0 – ½ oz. eq. (0-4 Tbsp.)  0 – ½ oz. eq. 14 grams 17 grams 6 grams 7 grams 7 grams or 4 Tbsp. or ¼ cup 7 grams or 5 Tbsp. or ⅓ cup

**Note:** Breads, crackers, and RTE cereals are only allowed at Snack. M/MAs can be served as a bonus item only.

<sup>1</sup> Breast milk or IFIF, or portions of both must be served. Serving breast milk, when available, is considered a best practice for infants from birth through 11 months.

<sup>2</sup> All infant formula must be FDA-regulated and iron-fortified with 1 mg of iron or more per 100 calories of formula.

<sup>3</sup> A serving of this component is required once an infant is developmentally ready for solid foods. A combination of different food items within the component is allowed.

<sup>4</sup> Fruit and vegetable juices, including 100% juices, are not allowed for infants.

<sup>5</sup> All infant cereal must be iron-fortified (IFIC).

<sup>6</sup> Grains must be **one** of the following: enriched meal/flour **or** whole grain-rich. Ounce equivalent serving sizes are used to determine the quantity of creditable grains. For more sample serving sizes on creditable infant Grains, refer to the [Feeding Infants Using Ounce Equivalents for Grains Worksheet](#).

<sup>7</sup> Yogurt must contain no more than 12 grams of added sugars per 6 ounces. Refer to the [Yogurt Sugar Limit Wallet Card](#).

<sup>8</sup> [Grain-based desserts](#) and refined grains do not count towards meeting the Grains component requirement.

<sup>9</sup> Breakfast cereals must be whole grain-rich, fortified, or enriched, and contain no more than 6 grams of added sugar per dry ounce (no more than 21 grams Added Sugars per 100 grams of dry cereal). Refer to the [Cereal Sugar Limit Wallet Card](#) and the WIC Cereal List.

**Additional Resources:** [Feeding Infants in the Child and Adult Care Food Program \(USDA\)](#)