

Chart 4D: Child and Adult Care Food Program (CACFP) Infant Meal Patterns:
Infant

Meal	Infants: Birth through 5 months	Infants: 6 through 11 months
Breakfast, Lunch, or Supper	4–6 fluid ounces breastmilk ¹ or formula ²	6–8 fluid ounces breastmilk ¹ or formula; ² and 0–½ ounce equivalent infant cereal; ^{2,3} or 0–4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, peas, or lentils; or 0–2 ounces of cheese; or 0–4 ounces (volume) of cottage cheese; or 0–4 ounces or ½ cup of yogurt; ⁴ or a combination of the above; ⁵ and 0–2 tablespoons vegetable or fruit or a combination of both. ^{5, 6}
Snack	4–6 fluid ounces breastmilk ¹ or formula ²	2–4 fluid ounces breastmilk ¹ or formula; ² and 0–½ oz eq bread; ^{3, 7} or 0–¼ oz eq crackers; ^{3, 7} or 0–½ oz eq infant cereal; ^{2, 3} or 0–¼ oz eq ready-to-eat breakfast cereal; ^{3, 5, 7, 8} and 0–2 tablespoons vegetable or fruit, or a combination of both. ^{5, 6}

- ¹ Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served from birth through 11 months. 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 offered at a later time if the infant will consume more.
- ² Infant formula and dry infant cereal must be iron-fortified.
- ³ Information on crediting grain items may be found in FNS guidance.
- ⁴ Effective through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. Effective October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).
- 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, enriched flour, bran, or germ.
- ⁸ Effective through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. Effective October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.