

Child Care Food Program

INFANT FOOD CHART

Breakfast		
<i>Birth through 3 Months</i>	<i>4 through 7 Months</i>	<i>8 through 11 Months - these 3 components are required</i>
4-6 fluid ounces of formula ¹ or breastmilk ^{2,3}	4-8 fluid ounces of formula ¹ or breastmilk ^{2,3} ; 0-3 tablespoons of infant cereal ^{1,4}	6-8 fluid ounces of formula ¹ or breastmilk ^{2,3} ; <u>and</u> 2-4 tablespoons of cereal ¹ ; <u>and</u> 1-4 tablespoons of fruit or vegetable or both

Lunch or Supper		
<i>Birth through 3 Months</i>	<i>4 through 7 Months</i>	<i>8 through 11 Months - these 3 components are required</i>
4-6 fluid ounces of formula ¹ or breast milk ^{2,3}	4-8 fluid ounces of formula ¹ or breast milk ^{2,3} ; 0-3 tablespoons of infant cereal ^{1,4} ; and 0-3 tablespoons of fruit or vegetable or both ⁴	6-8 fluid ounces of formula ¹ or breastmilk ^{2,3} ; <u>and</u> 2-4 tablespoons of infant cereal ¹ ; and/or 1-4 tablespoons of meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½-2 ounces of cheese; or 1-4 ounces (volume) of cottage cheese or 1- 4 ounces (weight) of cheese food or cheese spread <u>and</u> 1-4 tablespoons of fruit or vegetable or both

Snack		
<i>Birth through 3 Months</i>	<i>4 through 7 Months</i>	<i>8 through 11 Months</i>
4-6 fluid ounces of formula ¹ or breast milk ^{2,3}	4-6 fluid ounces of formula ¹ or breast milk ^{2,3}	2-4 fluid ounces of formula ¹ or breast milk ^{2,3} , or fruit juice ⁵ ; and 0-½ bread ^{4, 6} or 0-2 crackers ^{4, 6}



¹ Infant formula and dry infant cereal must be iron-fortified.

² Breast milk or formula, or portions of both, may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months.

³ 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 if the infant is still hungry.

⁴ A serving of this component is required when the infant is developmentally ready to accept it.

⁵ Fruit juice must be full-strength.

⁶ A serving of this component must be made from whole-grain or enriched meal or flour