

CHILD CARE FOOD PROGRAM INFANT MEAL PATTERN

	<u>Birth-3 months</u>	<u>4-7 months</u>	<u>8 months-1st Birthday</u>
<u>Breakfast</u>	4-6 fluid oz. breast milk or iron fortified infant formula	4-8 fluid oz. breast milk or iron fortified infant formula <u>*Optional</u> 0-3 Tbsp. iron fortified infant cereal	6-8 fluid oz. breast milk or iron fortified infant formula 2-4 Tbsp. iron fortified infant cereal 1-4 Tbsp. 100% fruit and/or vegetable
<u>Snack</u>	4-6 fluid oz. breast milk or iron fortified infant formula	4-8 oz. breast milk or iron fortified infant formula	2-4 fluid oz. breast milk or iron fortified infant formula Or 2-4 fluid oz. 100% fruit juice, full strength <u>*Optional</u> 0-1/2 slice bread or 0-2 crackers
<u>Lunch/Supper</u>	4-6 fluid oz. breast milk or iron fortified infant formula	4-8 fluid oz. breast milk or iron fortified infant formula <u>*Optional</u> -0-3 Tbsp. iron fortified infant cereal 0-3 Tbsp. 100% fruit and/or vegetable	6-8 fluid oz. breast milk or iron fortified infant formula 2-4 Tbsp. iron fortified infant cereal and/or 1-4 Tbsp. meat, fish, poultry, egg yolk, or cooked dry beans or peas or 1/2-2 oz. cheese or 1/4 oz. cottage cheese 1-4 Tbsp. 100% fruit and/or vegetable

* Optional means it is optional whether provider and parent both agree that the infant is ready for this item. Once you both have decided that the infant is ready for this item, it is no longer optional. At that time, meals served without this component will be disallowed. One exception would be if the infant does not tolerate this item and you plan to discontinue feeding that item for the time being. If that is the case you would need to indicate that on your menus.

- Formula must be iron fortified infant formula. The formula must be intended for dietary use solely as food for normal, healthy infants, and must be served in the liquid state at the manufacturer’s recommended dilution.
- Infant cereal must be iron-fortified, single ingredient dry **infant** cereal. Infant cereal is often mixed with breast milk or formula. Cheerios and other non-infant cereals do not meet the cereal requirements of the infant meal pattern.
- Meat must be homemade or commercial jarred 100% meat. Combination type baby food is not creditable.
- Fruits and vegetables must be 100% fruit or vegetable.
- Fruit juice must be 100% fruit juice, and be served full-strength. Juice may only be served at snack time.
- Bread or crackers must be made with whole–grain or enriched meal or flour.
- Breads/crackers for infants include: bread, toast, teething biscuits, bagels, English muffins, rolls, soft tortillas, biscuits, teething biscuits, arrowroot cookies, crackers (not graham), zwieback.
- Nuts, seeds, peanut butter, yogurt, honey, cows milk are not creditable.