

Attachment B

Infant Meal Pattern for Child and Adult Care Food Program

	Birth through 3 months	4 through 7 months	8 through 11 months
Breakfast	4-6 fluid oz breastmilk or iron-fortified infant formula	4-8 fluid oz breastmilk or iron-fortified infant formula 0-3 Tbsp. infant cereal (optional)	6-8 fluid oz breastmilk or iron-fortified infant formula 2-4 Tbsp. infant cereal 1-4 Tbsp. fruit and/or vegetable
Lunch or Supper	4-6 fluid oz breastmilk or iron-fortified infant formula	4-8 fluid oz breastmilk or iron-fortified infant formula 0-3 Tbsp. infant cereal (optional) 0-3 Tbsp. fruit and/or vegetable (optional)	6-8 fluid oz breastmilk or iron-fortified infant formula 2-4 Tbsp. infant cereal and/or 1-4 Tbsp. meat, fish, poultry, egg yolk, cooked dry beans or dry peas, or ½-2 oz cheese or 1-4 oz cottage cheese, cheese food or cheese spread 1-4 Tbsp. fruit and/or vegetable
Supplement	4-6 fluid oz breastmilk or iron-fortified infant formula	4-6 fluid oz breastmilk or iron-fortified infant formula	2-4 fluid oz breastmilk, iron-fortified infant formula or fruit juice 0-1/2 bread or 0-2 crackers