

meal pattern for infants



...building healthy habits for life

The infant meal must contain each of the following components in the amounts indicated below for the appropriate age group in order to qualify for reimbursement.

| meal components | breakfast | | | lunch & supper | | | snack | | |
|--|------------|------------|-------------|----------------|------------|--------------------|------------|------------|-------------------------|
| | 0-3 months | 4-7 months | 8-11 months | 0-3 months | 4-7 months | 8-11 months | 0-3 months | 4-7 months | 8-11 months |
| Breastmilk or iron-fortified infant formula | 4-6 fl. oz | 4-8 fl. oz | 6-8 fl. oz | 4-6 fl. oz | 4-8 fl. oz | 6-8 fl. oz | 4-6 fl. oz | 4-6 fl. oz | 2-4 fl. oz |
| Vegetable and/or fruit | | | 1-4 Tbsp. | | *0-3 Tbsp. | 1-4 Tbsp. | | | |
| 100% Fruit juice | | | | | | | | | or 2-4 fl. oz |
| Bread Crackers | | | | | | | | | *0-1/2 slice or *0-2 |
| Infant cereal must be iron-fortified | | *0-3 Tbsp. | 2-4 Tbsp. | | *0-3 Tbsp. | 2-4 Tbsp. | | | |
| Meat, fish, poultry, egg yolk, cooked dry beans or peas | | | | | | or 1-4 Tbsp. | | | |
| Cheese | | | | | | or 1/2-2 oz weight | | | |
| Cottage cheese | | | | | | or 1-4 oz volume | | | |
| Cheese food or cheese spread | | | | | | or 1-4 oz weight | | | |

Breastmilk or formula or portions of both may be served. Breastmilk is considered the ideal food for infants. For breastfed infants who regularly consume less than the minimum amount per feeding, a serving of less than the minimum may be offered with additional breastmilk offered if the infant is still hungry. Infant formula must be iron-fortified.

When feeding infants from a bottle, hold the baby during feeding; propping bottles can cause choking. Always label bottles with the infant's name and the date and time the bottle was prepared. Only formula or breastmilk should be put in a bottle; cereals and other solids should not be fed from a bottle. Feeding solid foods from a bottle or infant feeder can cause babies to choke.

Infant cereals must be iron-fortified. These cereals are creditable for infants four months of age and older who are developmentally ready.

Fruit juice must be 100%, full strength and pasteurized. Juice is only creditable at snack for infants 8 months of age and older. Juice cannot be served from a bottle—it must be served from a cup.

Bread or crackers must be made from whole grain or enriched meal or flour. These items are creditable only at snack and only for developmentally ready infants 8 months of age or older.

Honey or foods that contain honey must not be fed to infants less than one year of age. Honey may contain botulinum spores, which can be harmful to infants.

The Child Care Food Program is an equal opportunity provider.

*Note—a serving of this component is required only when the infant is developmentally ready to accept it.

see Child Nutrition Programs Procedure Manual for more detail