

| <b>Food Chart – Infants*</b> |  | <b>Birth through 3 months of age</b> | <b>4 through 7 months of age</b>      | <b>8 through 11 months of age</b>   |
|------------------------------|--|--------------------------------------|---------------------------------------|---|
| <b>Breakfast</b>             | Iron-fortified Infant Formula <sup>1</sup><br><b>or</b> Breastmilk <sup>2</sup>  | 4 to 6 fluid ounces                  | 4 to 8 fluid ounces                   | 6 to 8 fluid ounces   |
|                              | Iron-fortified Dry Infant Cereal   |                                      | 0 to 3 Tbsp (when ready) <sup>4</sup> | 2 to 4 Tbsp.  |
|                              | Fruit <b>and/or</b> Vegetable <sup>5</sup> (not juice)   |                                      |                                       | 1 to 4 Tbsp.  |
|                              |  |                                      |                                       |   |
| <b>Snack</b>                 | Iron-fortified Infant Formula <sup>1</sup> <b>or</b> Breastmilk <sup>2</sup><br><b>or</b> Full Strength Fruit Juice (8 months+)  | 4 to 6 fluid ounces                  | 4 to 6 fluid ounces                   | 2 to 4 fluid ounces   |
|                              | Whole grain or enriched Crusty bread<br><b>or</b> Cracker type products  |                                      |                                       | 0 to ½ slice (when ready) <sup>4</sup><br>0 to 2 (when ready) <sup>4</sup>  |
|                              |  |                                      |                                       |   |
| <b>Lunch or Supper</b>       | Iron-fortified Infant Formula <sup>1</sup> <b>or</b> Breastmilk <sup>2</sup>   | 4 to 6 fluid ounces                  | 4 to 8 fluid ounces                   | 6 to 8 fluid ounces   |
|                              | Fruit <b>and/or</b> Vegetable (not juice) <sup>5</sup>   |                                      | 0 to 3 Tbsp (when ready) <sup>4</sup> | 1 to 4 Tbsp.  |
|                              | <b>One or more of the following:</b><br>Iron-fortified Dry Infant Cereal<br>Meat or Poultry or Fish (8 months+) <sup>6</sup><br>Egg Yolk<br>Cooked Dry Beans or Peas<br>Cheese<br>Cottage Cheese<br>Cheese food or cheese spread |                                      | 0 to 3 Tbsp (when ready) <sup>4</sup> | 2 to 4 Tbsp.<br>1 to 4 Tbsp.<br>1 to 4 Tbsp.<br>1 to 4 Tbsp.<br>½ to 2 ounces<br>1 to 4 ounces (volume)<br>1 to 4 ounces (weight) |
|                              |  |                                      |                                       |   |

\*Even though the infant meal pattern specifies breakfast, snack, lunch, and supper, these are just guidelines. Infants should be fed on demand and should not, in any way, be restricted to a rigid feeding schedule. Each infant should be fed according to his/her demands. In order for centers to claim CACFP meals, every infant enrolled in care must be served creditable meals documented daily on an age appropriate Individual Infant Meal Record (menu), and maintain an Infant Feeding Preference record.

<sup>1</sup>Meals containing iron-fortified infant formula provided by the infant's parent can be claimed for reimbursement. When age appropriate, all other food components must be provided by the center or child care home provider in order to claim for reimbursement.

<sup>2</sup>Meals containing only breastmilk can be claimed for reimbursement. All other food components (per the infant food chart) must be provided by the center or child care home provider.

<sup>3</sup>A serving of less than the minimum amount of **breastmilk** may be offered for the infant who regularly consumes smaller portions. Additional **breastmilk** must be offered if the infant is still hungry.

<sup>4</sup>Foods listed as "0" tablespoons let you know that the food is offered when developmentally appropriate for the infant and in conjunction with the parent designated Infant Feeding Preference form and medical authority recommendation.

<sup>5</sup>100% fruit juice does not fulfill the fruit/vegetable requirement at breakfast, lunch or supper; juice is only creditable when served for snack to infants 8 months and older.

<sup>6</sup>Hot dogs, corndogs, chicken nuggets, yogurt, sausages and other foods are NOT creditable for infants. Commercial fish sticks and other commercial breaded or battered seafood products or canned, fresh or frozen fish with bones are NOT creditable for infants.