

Missouri Department of Health & Senior Services
Child & Adult Care Food Program
Food Chart for Infants

		Birth through 5 months	6 through 11 months
Breakfast	Breastmilk ¹ or Iron fortified formula ²	4-6 fluid ounces	6-8 fluid ounces
	Vegetable or Fruit or both ^{5, 6}		0-2 tablespoons
			0-4 tablespoons of iron fortified infant cereal ² , meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 ounces of cheese; or 0-4 ounces by volume of cottage cheese; or 0-4 ounces of yogurt ⁴ ; or a combination ⁵
Snack	Breastmilk ¹ or Iron fortified formula ²	4-6 fluid ounces	2-4 fluid ounces
	Vegetable or Fruit or both ^{5, 6}		0-2 tablespoons
			0-1/2 slice of bread ⁷ ; or 0-2 crackers ⁷ ; or 0-4 tablespoons of iron fortified infant cereal ^{2, 7} or ready to eat cereal ^{4, 7}
Lunch or Supper	Breastmilk ¹ or Iron fortified formula ²	4-6 fluid ounces	6-8 fluid ounces
	Vegetable or Fruit or both ^{5, 6}		0-2 tablespoons
			0-4 tablespoons of iron fortified infant cereal ² , meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 ounces of cheese; or 0-4 ounces by volume of cottage cheese; or 0-4 ounces of yogurt ⁴ ; or a combination ⁵

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶ Fruit and vegetable juices must not be served.

⁷ A serving of grains must be whole-grain rich, enriched meal or enriched flour.