

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

	Meal Components & Food Items	Birth through 5 months	6 through 11 months
Breakfast, Lunch, or Supper	Breastmilk ¹ or Iron-fortified formula ²	4-6 fluid oz.	6-8 fluid oz.
	Vegetable or Fruit or both ^{4, 6, 7}		0-2 tablespoons
	Iron-fortified infant cereal ^{2, 6, 8} or Meat/Meat Alternate or both		0-1/2 oz. eq. of iron-fortified infant cereal; or 0-4 tablespoons meat, fish, poultry, whole eggs, tofu, cooked beans, peas, or lentils ⁴ ; or 0-2 oz. of cheese; or 0-4 oz. by volume of cottage cheese; or 0-4 oz. of yogurt (including soy yogurt) ⁵ ; or a combination
Snack	Breastmilk ¹ or Iron-fortified formula ²	4-6 fluid oz.	2-4 fluid oz.
	Vegetable or Fruit or both ^{4, 6, 7}		0-2 tablespoons
	Iron-fortified infant cereal ^{2, 6, 8} bread/bread-like item or crackers or ready-to-eat cereal ^{3, 8}		0-1/2 oz. eq. of bread/bread items; or 0-1/4 oz. eq. of crackers; or 0-1/2 oz. eq. of iron-fortified infant cereal; or 0-1/4 oz. eq. ready-to-eat cereal

¹ Breastmilk or iron-fortified infant 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 later 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 added sugar per dry ounce. Ready-to-eat cereal may be served as part of a reimbursable snack.

⁴ Cooked beans, peas, and lentils may credit as either a vegetable or as a meat alternate, but not as both in the same meal. Immature beans and peas, such as green beans, wax beans, and green peas credit as vegetable only; they do not credit as a meat alternate.

⁵ Yogurt must contain no more than 12 grams of added sugars per 6 ounces.

⁶ A serving of this component is required when the infant is developmentally ready to accept it.

⁷ Fruit and vegetable juices must not be served.

⁸ A serving of grains must be whole grain-rich, enriched meal, or enriched flour. Iron-fortified infant cereal is the only grain that may count toward a reimbursable breakfast, lunch, or supper. Ready-to-eat cereals, bread/bread-like items, and crackers may be served as part of a reimbursable snack.

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