

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

Breakfast, Lunch, or Supper

Meal Components & Food Items	Birth through 5 months	6 to 11 months
Breastmilk ¹ or Iron-fortified formula ²	4-6 fluid oz.	6-8 fluid oz.
Vegetable or Fruit or both ^{4, 6, 7}	(Not applicable)	0-2 tablespoons
Iron-fortified infant cereal ^{2,6, 8} or Meat/Meat Alternate or both	(Not applicable)	0-½ oz. eq. of iron-fortified infant cereal; or 0-4 tablespoons meat, fish, poultry, whole eggs, tofu, cooked beans, peas, or lentils ⁴ ; or 0-1 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

Meal Components & Food Items	Birth through 5 months	6 to 11 months
Breastmilk ¹ or Iron-fortified formula ²	4-6 fluid oz.	2-4 fluid oz.
Vegetable or Fruit or both ^{4, 6, 7}	(Not applicable)	0-2 tablespoons
Iron-fortified infant cereal ^{2, 6, 8} bread/bread-like item or crackers or ready-to-eat cereal ^{3,8}	(Not applicable)	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.