

CACFP INFANT MEAL PATTERN CHART

For Infants 0 - 11 Months Old

BREAKFAST	Birth - 3 Months	4 - 7months	8 - 11 Months
Infant Formula	4-6 ounces 1	4-8 ounces	6-8 ounces
Breast Milk	or 4-6 ounces	or 4-8 ounces	or 6-8 ounces
Infant Cereal		0-3 Tbsp (optional) 2	2-4 Tbsp
Vegetable &/or Fruit			1-4 Tbsp
AM or PM SNACK			
Infant Formula	4-6 ounces 1	4-6 ounces 1	2-4 ounces
Breast Milk	or 4-6 ounces	or 4-6 ounces	or 2-4 ounces
Fruit Juice			or 2-4 ounces
Crusty Bread			0-1/2 Crusty Bread (optional) 2
Crackers			or 0-2 Crackers (optional) 2
LUNCH or SUPPER			
Infant Formula	4-6 ounces 1	4-8 ounces	6-8 ounces
Breast Milk	or 4-6 ounces	or 4-8 ounces	or 6-8 ounces
Infant Cereal		0-3 Tbsp (optional) 2	2-4 Tbsp
Meat, Fish, Poultry, Egg Yolk, Cooked Dry Beans or peas			&/or 1-4 Tbsp
Cheese			or 1/2-2 oz
Cottage Cheese, Cheese Food			or 1-4 oz
Cheese Spread			
Vegetable &/or Fruit		0-3 Tbsp (optional) 2	1-4 Tbsp

IMPORTANT GUIDELINES

1. Main meals and snacks requiring only formula are not reimbursable if the formula is supplied by the day care parent.
2. Main meals and snacks offering "optional" food items are reimbursable when the day care parent supplies the formula IF the day care provider supplies and serves the "optional" food items.