

Meal Requirements

Minimum Meal Requirements For Infants, Birth - 11 Months Old

Breakfast	0-3 Months	4 - 7 Months	8 - 11 Months
Iron-Fortified Infant Formula (IFIF) <i>or</i>	4 - 6 fl oz	4 - 8 fl oz	6 - 8 fl oz
Breast Milk <i>or</i>	4 - 6 fl oz	4 - 8 fl oz	6 - 8 fl oz
Iron-Fortified Infant Cereal (IFIF)		0 - 3 Tbsp	2 - 4 Tbsp
Fruit <i>and/or</i> Vegetable			1 - 4 Tbsp
Snack			
Iron-Fortified Infant Formula (IFIF) <i>or</i>	4 - 6 fl oz	4 - 6 fl oz	2 - 4 fl oz
Breast Milk <i>or</i>	4 - 6 fl oz	4 - 6 fl oz	2 - 4 fl oz
Full-Strength, 100% Fruit Juice			2 - 4 fl oz
Crusty Bread <i>or</i>			0 - 1/2 sl
Crackers			0 - 2
Lunch/Supper			
Iron-Fortified Infant Formula (IFIF) <i>or</i>	4 - 6 fl oz	4 - 8 fl oz	6 - 8 fl oz
Breast Milk <i>or</i>	4 - 6 fl oz	4 - 8 fl oz	6 - 8 fl oz
Iron-Fortified Infant Cereal (IFIF) <i>or</i>		0 - 3 Tbsp	2 - 4 Tbsp
Meat <i>or</i> Poultry <i>or</i> Fish <i>or</i>			1 - 4 Tbsp
Egg Yolk <i>or</i> Cooked Dry Beans <i>or</i> Peas <i>or</i>			1 - 4 Tbsp
Cheese <i>or</i>			1/2 - 2 oz
Cottage Cheese <i>or</i> Cheese Food <i>or</i> Cheese Spread			1 - 4 oz
Fruit <i>and/or</i> Vegetable		0 - 3 Tbsp	1 - 4 Tbsp

NOTES:

* Juice does not fulfill the fruit/vegetable requirement at breakfast, lunch, or supper.

** Breast milk provided by the parents/ guardian (includes a wet nurse) may be served in place of formula on the CACFP to infants 0-11 months old. If it is the only *required* item for the meal service, then providers will be reimbursed for the breast milk they serve whether or not they supply and serve the *optional* food items.

*** Main meals and snacks requiring only formula are not reimbursable if the formula is supplied by the day care parent. Main meal 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 AND an *Infant Formula Declined statement* is on file in ACNG’s main office. Read the Special Note about *Infant Formula Declined Rule*.

NOTE: Quantities beginning with “0” designate an item that is optional.

Minimum Meal Requirements
1 - 12 Years Old

Breakfast	1 & 2 Yrs	3, 4 & 5 Yrs	6 - 12 Yrs
Bread	1/2 slice	1/2 slice	1 slice
Dry Cereal	1/4 cup	1/3 cup	3/4 cup
Cooked Cereal, Grain, Pasta	1/4 cup	1/4 cup	1/2 cup
Fruit/Vegetable (juice)	1/4 cup	1/2 cup	1/2 cup
Fluid Milk	1/2 cup	3/4 cup	1 cup
Snack (Choose Two Food Groups)			
Meat, Poultry, Fish, Cheese	1/2 oz	1/2 oz	1 oz
Eggs	1/2 Lg	1/2 Lg	1 Lg
Nut/Seed Butters	1 Tbsp	1 Tbsp	2 Tbsp
Nuts and Seeds*	1/2 oz	1/2 oz	1 oz
Yogurt (not home made)	2 oz (1/4 cup)	2 oz (1/4 cup)	4 oz (1/2 cup)
Dried Beans, Peas	1/8 cup	1/8 cup	1 cup
Bread	1/2 sl	1/2 sl	1 sl
Dry Cereal	1/4 cup	1/3 cup	3/4 cup
Cooked Cereal, Grain, Pasta	1/4 cup	1/4 cup	1/2 cup
Fruit/Vegetable (juice)	1/2 cup	1/2 cup	3/4 cup
Fluid Milk	1/2 cup	1/2 cup	1 cup
Lunch/Supper			
Meat, Poultry, Fish, Cheese	1 oz	1-1/2 oz	2 oz
Eggs	1 Lg	1 Lg	1 Lg
Nut/Seed Butters	2 Tbsp	3 Tbsp	4 Tbsp
Nuts and Seeds*	1/2 oz = 50%	3/4 oz = 50%	1 oz = 50%
Yogurt (not home made)	4 oz (1/2 cup)	6 oz(3/4 cup)	8 oz (1 cup)
Dried Beans, Peas	1/4 cup	3/8 cup	1/2 cup
Bread	1/2 sl	1/2 sl	1 sl
Cooked Cereal, Grain, Pasta	1/4 cup	1/4 cup	1/2 cup
Fruits & Vegetables			
2 or more to total:	1/4 cup	1/2 cup	3/4 cup
Fluid Milk	1/2 cup	3/4 cup	1 cup

NOTE:

* Children under 5 are at the highest risk of choking. USDA recommends that any nuts and/or seeds be served to them in a prepared food and be ground or finely chopped.