

Child and Adult Care Food Program INFANT MEAL REQUIREMENTS

- Foods should be of a texture and consistency appropriate for the age served and given at a time consistent with the child's eating habits
- The **MINIMUM** amounts of food components identified below are to be served
- Additional foods may be served to infants 4 months of age and older, with the intent of improving their overall nutrition
- Bread or crackers must be made from whole grain or enriched meal or flour and suitable for an infant for use as a finger food

	Birth through 3 Months	4 Months Through 7 Months	8 Months Through 11 Months
Breakfast	4-6 fluid ounces of iron-fortified infant formula or breast milk*	4-8 ounces of iron-fortified infant formula or breast milk* AND (Optional) 0-3 Tbsp. of iron fortified dry infant cereal	6-8 ounces of iron-fortified infant formula or breast milk* AND 2-4 Tbsp. of iron fortified dry infant cereal AND 1-4 Tbsp of fruit and/or vegetable of appropriate consistency
Lunch or Supper	4-6 fluid ounces of iron-fortified infant formula or breast milk*	4-8 fluid ounces of iron-fortified infant formula or breast milk* AND: (Optional) 0-3 Tbsp. or iron fortified dry infant cereal 0-3 Tbsp. of fruit and/or vegetable of appropriate consistency	6-8 fluid ounces of iron fortified infant formula or breast milk* AND 2-4 Tbsp. of iron-fortified dry cereal OR 1-4 Tbsp. of meat, fish, poultry, egg yolk or cooked dry beans or peas OR ½-2 ounces (weight) of cheese OR 1-4 ounces (weight or volume) of cottage cheese or cheese food or cheese spread of appropriate consistency AND 1-4 Tbsp. of fruit and/or vegetable of appropriate consistency
Supplement (Snack)	4-6 fluid ounces of iron-fortified infant formula or breast milk*	4-6 fluid ounces of iron-fortified infant formula or breast milk*	2-4 fluid ounces of iron-fortified infant formula, breast milk* or 100% juice AND: (optional) 0-1/2 slice of crusty bread OR 0-2 cracker type products (must be made from whole-grain or enriched meal or flour and suitable for an infant for use as finger food.)

Breast Milk/Formula-*Breast milk must be provided by the infant's own mother. Meals/Snacks containing only breast milk may be claimed for reimbursement.

*Infant formula and infant cereal must be iron-fortified. When the parent provides the iron-fortified infant formula because they have declined the type offered by their provider, the meal or snack may be claimed.

NOTE: Foods that may not be served to infants include peanut butter and honey (including graham crackers with honey) egg whites, and commercially prepared fish products (such as fish sticks).