

**APPENDIX D**

**CHILD AND ADULT CARE FOOD PROGRAM (Child Care Component)  
INFANT MEAL PATTERN REQUIREMENTS**

The infant meal pattern shall contain, as a minimum, each of the following components in the amounts indicated for the specific age group. The minimum quantity of food must be provided to the infant, but may be served during a span of time consistent with the infant's eating habits.

Birth Through 3 Months	4 Through 7 Months	8 Through 11 Months
<b><u>BREAKFAST</u></b>		
4-6 fl. oz. formula <sup>1</sup>	4-8 fl. oz. formula <sup>1</sup> or breast milk 0-3 T. infant cereal <sup>2</sup> (optional)	6-8 fl. oz. formula <sup>1</sup> , breast milk, or whole milk 2-4 T. infant cereal <sup>2</sup> 1-4 T. fruit and/or vegetable
<b><u>LUNCH OR SUPPER</u></b>		
4-6 fl. oz. formula <sup>1</sup>	4-8 fl. oz. formula <sup>1</sup> or breast milk 0-3 T. infant cereal <sup>2</sup> (optional) 0-3 T. fruit and/or vegetable (optional)	6-8 fl. oz. formula <sup>1</sup> , breast milk or whole milk 2-4 T. infant cereal <sup>2</sup> and/or 1-4 T. meat, fish, poultry, egg yolk, or cooked dry beans or peas, or <sup>1</sup> / <sub>2</sub> -2 oz. cheese or 1-4 oz. cottage cheese, cheese food, or cheese spread 1-4 T. fruit and/or vegetable
<b><u>SNACK</u></b>		
4-6 fl. oz. formula <sup>1</sup>	4-8 fl. oz. formula <sup>1</sup> or breast milk	2-4 fl. oz. formula <sup>1</sup> , or breast milk, whole milk, or fruit juice <sup>3</sup> 0- <sup>1</sup> / <sub>2</sub> bread or 0-2 crackers (optional) <sup>4</sup>

<sup>1</sup> Shall be iron-fortified infant formula.

<sup>2</sup> Shall be iron-fortified dry infant cereal.

<sup>3</sup> Shall be full-strength fruit juice.

<sup>4</sup> Shall be from whole-grain or enriched meal or flour.

For infants four through eleven months, breast milk provided by the infant's mother may be served in place of infant formula.