

Infant Meal Guidelines – Ages 0-11 Months

(SEE REVERSE SIDE FOR TODDLERS)

Source: Child and Adult Care Food Program, USDA Food and Nutrition Service *Updated 9/25/00*
www.nal.usda.gov/childcare/Cacfp/index.html

BREAKFAST

| Birth Through 3 Months | 4 Through 7 Months | 8 Through 11 Months |
|--|--|--|
| 4-6 fluid ounces of formula ¹ or breast milk ^{2,3} | 4-8 fluid ounces of formula ¹ or breast milk ^{2,3} 0-3 tbsp. infant cereal ^{1,4} | 6-8 fluid ounces of formula ¹ or breast milk ^{2,3} and 2-4 tbsp. infant cereal ¹ and 1-4 tbsp. fruit and/or vegetable |

LUNCH OR SUPPER

| Birth Through 3 Months | 4 Through 7 Months | 8 Through 11 Months |
|--|---|---|
| 4-6 fluid ounces of formula ¹ or breast milk ^{2,3} | 4-8 fluid ounces of formula ¹ or breast milk ^{2,3} 0-3 tbsp. fruit and/or vegetable ⁴ 0-3 tbsp. infant cereal ^{1,4} | 6-8 fluid ounces of formula ¹ or breast milk ^{2,3} and 1-4 tbsp. fruit and/or vegetable and 2-4 tbsp. infant cereal ¹ and/or 1-4 tbsp. Meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½ -2 ounces cheese; or 1-4 ounces cottage cheese, cheese food or cheese spread |

SNACK

| Birth Through 3 Months | 4 Through 7 Months | 8 Through 11 Months |
|--|--|---|
| 4-6 fluid ounces of formula ¹ or breast milk ^{2,3} | 4-6 fluid ounces of formula ¹ or breast milk ^{2,3} | 2-4 fluid ounces of formula ¹ , breast milk ^{2,3} or fruit juice ⁵ 0-1/2 bread ^{4,6} or 0-2 crackers ^{4,6} |

Footnotes

- 1 Infant formula and dry infant cereal shall be iron-fortified.
- 2 It is recommended that breast milk be served in place of formula from birth through 11 months.
- 3 For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.
- 4 A serving of this component shall be optional.
- 5 Fruit juice shall be full-strength.
- 6 Bread and bread alternates shall be made from whole-grain or enriched meal or flour.

Toddler Meal Guidelines – Ages 1-2

Source: Child and Adult Care Food Program, USDA Food and Nutrition Service *Updated 9/25/00*

www.nal.usda.gov/childcare/Cacfp/index.html

BREAKFAST

| Food Components | Ages 1-2 |
|--|----------------|
| 1 serving milk fluid milk..... | ½ cup..... |
| 1 serving fruit/vegetable juice ⁷ , fruit and/or vegetable.... | ¼ cup..... |
| 1 serving grains/bread ⁸ | |
| bread or..... | ½ slice..... |
| Cornbread, biscuit, roll or muffin, or..... | ½ serving..... |
| Cold dry cereal or..... | ¼ cup..... |
| Hot cooked cereal or..... | ¼ cup..... |
| Pasta, noodles or grains..... | ¼ cup..... |

LUNCH OR SUPPER

| | |
|---|------------------|
| 1 serving milk fluid milk..... | ½ cup..... |
| 2 servings fruit/vegetable juice ⁷ , fruit and/or vegetable.... | ¼ cup..... |
| 1 serving grains/bread ⁸ | |
| bread or..... | ½ slice..... |
| Cornbread, biscuit, roll or muffin, or..... | ½ serving..... |
| Cold dry cereal or..... | ¼ cup..... |
| Hot cooked cereal or..... | ¼ cup..... |
| Pasta, noodles or grains..... | ¼ cup..... |
| 1 serving meat/meat alternative | |
| meat, poultry or fish ⁹ , or..... | 1 oz..... |
| cheese or..... | 1 oz..... |
| alternate protein product or..... | 1 oz..... |
| egg or..... | ½..... |
| cooked dry beans or peas, or..... | ¼ cup..... |
| nuts and/or seeds ¹⁰ , or..... | ½ oz..... |
| Peanut or other nut or seed butters, or..... | 2 tablespoons... |
| Yogurt ¹¹ | 4 oz..... |

SNACK: Choose 2 of the 4 components

| | |
|--|-----------------|
| 1 serving milk fluid milk..... | ½ cup..... |
| 1 serving fruit/vegetable juice ⁷ , fruit and/or vegetable.... | ½ cup..... |
| 1 serving grains/bread ⁸ | |
| bread or..... | ½ slice..... |
| Cornbread, biscuit, roll or muffin, or..... | ½ serving..... |
| cold dry cereal or..... | ¼ cup..... |
| hot cooked cereal or..... | ¼ cup..... |
| pasta, noodles or grains..... | ¼ cup..... |
| 1 serving meat/meat alternative | |
| meat, poultry or fish ⁹ , or..... | ½ oz..... |
| alternate protein product or..... | ½ oz..... |
| cheese or..... | ½ oz..... |
| egg or..... | ½..... |
| cooked dry beans or peas, or..... | 1/8 cup..... |
| nuts and/or seeds, or..... | ½ oz..... |
| peanut or other nut or seed butters, or..... | 1 tablespoon... |
| yogurt ¹¹ | 2 oz..... |

Footnotes

- 7 Fruit or vegetable juice must be full-strength. Juice cannot be counted as the second snack-item if the other snack-item is milk.
- 8 Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.
- 9 A serving consists of the edible portion of cooked lean meat or poultry or fish.
- 10 Nuts and seeds may comprise only half of a meat/meat alternative serving and must be combined with another meat/meat alternative to fulfill the lunch or supper requirement.
- 11 Yogurt may be plain or flavored, unsweetened or sweetened.