

# Child and Adult Care Food Program (CACFP) Meal Pattern for Infants

Component		Birth through 5 months <sup>1</sup>	6 through 11 months <sup>1,2</sup>
Breakfast	<b>Breastmilk or iron-fortified infant formula</b> <sup>3,4</sup>	4-6 fluid ounces	6-8 fluid ounces <sup>5</sup>
	<b>Iron-fortified infant cereal</b> <sup>6,7</sup> <b>or meat/meat alternates or both</b> <i>Required when developmentally ready</i> <sup>8</sup>		0-¼ ounce equivalent (oz eq) of dry iron-fortified infant cereal <b>or</b> 0-4 tablespoons of meat, fish, poultry, whole eggs, or cooked dry beans or peas <b>or</b> 0-2 ounces of cheese <b>or</b> 0-4 ounces (½ cup) of cottage cheese <b>or</b> 0-4 ounces (½ cup) of yogurt <sup>9</sup> <b>or</b> <i>any combination of these foods</i>
	<b>Vegetables, fruits, or both</b> <sup>10</sup> <i>Required when developmentally ready</i> <sup>8</sup>		0-2 tablespoons of vegetables, fruits, or any combination
Lunch and Supper	<b>Breastmilk or iron-fortified infant formula</b> <sup>3,4</sup>	4-6 fluid ounces	6-8 fluid ounces <sup>5</sup>
	<b>Iron-fortified infant cereal</b> <sup>6,7</sup> <b>or meat/meat alternates or both</b> <i>Required when developmentally ready</i> <sup>8</sup>		0-¼ oz eq of dry iron-fortified infant cereal <b>or</b> 0-4 tablespoons of meat, fish, poultry, whole eggs, or cooked dry beans or peas <b>or</b> 0-2 ounces of cheese <b>or</b> 0-4 ounces (½ cup) of cottage cheese <b>or</b> 0-4 ounces (½ cup) of yogurt <sup>9</sup> <b>or</b> <i>any combination of these foods</i>
	<b>Vegetables, fruits, or both</b> <sup>10</sup> <i>Required when developmentally ready</i> <sup>8</sup>		0-2 tablespoons of vegetables, fruits, or any combination
Snack	<b>Breastmilk or iron-fortified infant formula</b> <sup>3,4</sup>	4-6 fluid ounces	2-4 fluid ounces <sup>5</sup>
	<b>Grains</b> <sup>7,11</sup> <i>Required when developmentally ready</i> <sup>8</sup>		0-½ oz eq of bread or bread-like item (e.g., biscuit, roll, corn muffin, pita bread, pancake, soft tortilla, or waffle) <sup>12</sup> <b>or</b> 0-¼ oz eq of crackers <sup>12</sup> <b>or</b> 0-¼ oz eq of iron-fortified infant cereal <sup>6</sup> <b>or</b> 0-¼ oz eq of ready-to eat (RTE) cereal <sup>12,13</sup> <b>or</b> <i>any combination of these foods</i>
	<b>Vegetables, fruits, or both</b> <sup>10</sup> <i>Required when developmentally ready</i> <sup>8</sup>		0-2 tablespoons of vegetables, fruits, or any combination

◀ Refer to page 2 for important menu planning notes ▶

# CACFP Meal Pattern for Infants

## Menu planning notes

- 1 CACFP facilities must keep daily records of all meals and snacks served to each infant enrolled in the CACFP. Sample infant menu forms are available in the “[Infant Forms](#)” section of the Connecticut State Department of Education’s (CSDE) [Feeding Infants in CACFP Child Care Programs](#) webpage.
- 2 The minimum serving sizes for ages 6-11 months are ranges because not all babies are ready to eat solid foods at the same time. When a baby is regularly eating solid foods, the CACFP facility must offer all required food components. A baby does not have to eat the entire amount served for the meal or snack to be reimbursed.
- 3 Breastmilk, iron-fortified infant formula, or portions of both must be served. Infant formula must be iron-fortified. The USDA recommends serving breastmilk in place of formula from birth through 11 months. Breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding may be offered less than the minimum serving, with additional breastmilk offered later if the infant will consume more. CACFP facilities may claim reimbursement for meals when a mother supplies expressed breastmilk or directly breastfeeds her infant on site, even when the infant is only consuming breast milk.
- 4 CACFP facilities must offer at least one iron-fortified infant formula that meets the CACFP requirements. Parents/guardians may choose to decline the offered formula and provide another allowable infant formula. CACFP facilities may claim reimbursement for meals and snacks when a parent/guardian supplies an allowable infant formula, even when the infant is only consuming infant formula. The CSDE’s form for accepting or rejecting infant formula is available in the “[Infant Forms](#)” section of the CSDE’s [Feeding Infants in CACFP Child Care Programs](#) webpage.
- 5 If a parent/guardian chooses to provide breastmilk (expressed breastmilk or directly breastfeeding on site) or a creditable infant formula, and the infant is consuming solid foods, the meal is reimbursable if the CACFP facility provides all other required meal components.
- 6 Dry infant cereal must be iron fortified. An infant cereal is iron fortified if the ingredients list includes one of the following ingredients: “iron,” “ferric fumarate,” “electrolytic iron,” or “iron (electrolytic).”
- 7 The quantities for creditable grains are in ounce equivalents (oz eq). For more information, refer to the CSDE’s resource, [Grain Ounce Equivalents for the CACFP](#), and the USDA’s resource, [Feeding Infants Using Ounce Equivalents for Grains in the CACFP](#).
- 8 A serving of this component is required when the infant is developmentally ready to accept it. Prepare all foods to the appropriate texture to match the baby’s feeding skills and prevent choking.
- 9 Yogurt cannot exceed 23 grams of total sugars per 6 ounces (3.83 grams per ounce). For more information, refer to the CSDE’s resource, [Crediting Yogurt in the CACFP](#), and the USDA’s resource, [Calculating Sugar Limits for Yogurt in the CACFP](#).
- 10 Fruit and vegetable juices cannot be served.
- 11 Grains must be made with enriched or whole-grain meal or flour. For more information, refer to the CSDE’s resources [Crediting Whole Grains in the CACFP](#) and [Crediting Enriched Grains in the CACFP](#). The CACFP infant meal pattern does not have a whole grain-rich requirement.
- 12 Breads, bread-like items (such as biscuits, rolls, corn muffins, pita bread, pancakes, soft tortillas, and waffles), crackers, and RTE breakfast cereals credit only at snack for ages 6-11 months. These foods do not credit at breakfast, lunch, or supper and cannot be served in place of iron-fortified infant formula.
- 13 RTE breakfast cereals must be fortified or made with enriched or whole-grain meal or flour. RTE cereals cannot exceed 6 grams of sugar per dry ounce. For more information, refer to the CSDE’s resource, [Crediting Breakfast Cereals in the CACFP](#), and the USDA’s resource, [Choose Breakfast Cereals That Are Lower in Added Sugars](#).

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For more information, refer to the USDA's guide, *Feeding Infants in the CACFP*, and *USDA Memo CACFP 02-2018: Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers*, and visit the CSDE's [Feeding Infants in CACFP Child Care Programs](#) webpage; or contact the [CACFP staff](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at [https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Infants/Infant\\_Meal\\_Pattern\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Infants/Infant_Meal_Pattern_CACFP.pdf).

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