

The Child and Adult Care Food Program
Infant Numbered Menus

Infant Meal Pattern Food Components:		Age Group and Serving Size:	
		Birth – 5 months:	6 – 11 months:
Breakfast and Lunch/Supper	Breastmilk ¹ or formula ²	4-6 fl. oz.	6-8 fl. oz.
	<i>*And one or more of the following:</i>		
	Infant cereal ^{2,3,5} , meat, fish, poultry, whole egg, cooked dry beans/peas		*0-4 Tbsp.
	Cheese		*0-2 oz.
	Cottage cheese		*0-4 oz. (volume)
	Yogurt ⁴		*0-8 oz. (1 cup)
	<i>*And:</i>		
Vegetable or fruit, or a combination of both ⁷		*0-2 Tbsp.	
Snack	Breastmilk ¹ or formula ²	4-6 fl. oz.	2-4 fl. oz.
	<i>*And one or more of the following:</i>		
	Bread ^{3,5}		*0-1/2 slice
	Crackers ^{3,5}		*0-2
	Infant cereal ^{2,3,5} or ready-to-eat cereal ^{3,5,6}		*0-4 Tbsp.
	<i>*And:</i>		
Vegetable or fruit, or a combination of both ⁷		*0-2 Tbsp.	

Choose one of the following infant numbered menu patterns to record on Paper Menus in the grayed out box above the regular menus.

When something is listed behind the infant numbered menu please write out what Cereal, Meat, Veg or Fruit you are serving.

***NOTE: A SERVING OF THIS COMPONENT(S) IS REQUIRED WHEN THE INFANT IS DEVELOPMENTALLY READY TO ACCEPT IT.**

1. Breastmilk (BM) or Formula (F+), or portions of both, must be served; however, it is recommended that BM be served in place of F+ from 0-11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered at a later time if the infant will consume more.
2. Infant formula and dry infant cereal must be iron-fortified.
3. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
4. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
5. A serving of this component is required when the infant is developmentally ready to accept it.
6. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
7. Fruit and vegetable juices must not be served.

BREAKFAST/LUNCH/SUPPER - COMPONENTS MARKED WITH * ARE REQUIRED WHEN INFANT IS DEVELOPMENTALLY READY

B1	Breastmilk or Formula		
B2 Veg or Fruit	Breastmilk or Formula, Vegetable or fruit, or a combination of both		
B3 Cereal	Breastmilk or Formula and Infant cereal		
B4 Meat	Breastmilk or Formula and Meat, fish, poultry, whole egg, cooked dry beans/peas, cheese, cottage cheese or yogurt		
B5 Veg or Fruit	Breastmilk or Formula, Infant cereal, and a vegetable or fruit, or a combination of both		
B6 Veg or Fruit	Breastmilk or Formula, Meat, fish, poultry, whole egg, cooked dry beans/peas, cheese, cottage cheese or yogurt, and a vegetable or fruit, or a combination of both		
B7 RM	Breastmilk or Formula and Regular menu		

SNACK - COMPONENTS MARKED WITH * ARE REQUIRED WHEN INFANT IS DEVELOPMENTALLY READY

B8	Breastmilk or Formula		
B9 Br or Cr	Breastmilk or Formula and Bread or Cracker		
B10 Cereal	Breastmilk or Formula and Infant cereal or ready-to-eat cereal		
B11 Veg or Fruit	Breastmilk or Formula, Bread or cracker and Veg. or Fruit, or combination of both		
B12 Veg or Fruit	Breastmilk or Formula, Infant cereal or ready-to-eat cereal and Veg. or Fruit, or combination of both		

Foods not creditable on the infant meal pattern: combination dinners/desserts, nut butters, nuts, seeds, juice, tofu, soy yogurt, cheese food/spread