

	FOOD COMPONENTS	FOOD ITEMS	REQUIRED MINIMUM QUANTITIES		
			BIRTH THROUGH 3 MONTHS	4 THROUGH 7 MONTHS	8 MONTHS THROUGH 1 ST BIRTHDAY
BREAKFAST	Breast milk or Iron-fortified Infant Formula		4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz.
	Vegetables/Fruits		0	0	1-4 Tbsp.
	Iron-fortified Infant Cereal		0	0-3 Tbsp.	2-4 Tbsp.
SNACK	Breast milk or Iron-fortified Infant Formula		4-6 fl. oz.	4-6 fl. oz.	2-4 fl. oz.
	Bread or Cracker-type Product	Whole-grain or Enriched Bread <i>or</i>	0	0	0-1/2 slice
		Whole-grain or Enriched Cracker-type Product <i>or</i>	0	0	0-2 crackers
		Teething Biscuit, Arrowroot Cookies	0	0	0-2 each
LUNCH OR SUPPER	Breast milk or Iron-fortified Infant Formula		4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz.
	Vegetables/Fruits		0	0-3 Tbsp.	1-4 Tbsp.
	Iron-fortified Infant Cereal and/or Meat/Meat Alternates	Infant Cereal <i>or</i>	0	0-3 Tbsp.	2-4 Tbsp.
		Lean Meat, Poultry or Fish <i>or</i>	0	0	1-4 Tbsp.
		Egg Yolk <i>or</i>	0	0	1-4 Tbsp.
		Cooked Dry Beans, Peas or Lentils <i>or</i>	0	0	1-4 Tbsp.
		Cheese <i>or</i>	0	0	1/2-2 oz.
		Cottage Cheese	0	0	2-8 Tbsp.

Breast milk or formula, or portions of both, may be served. However, it is recommended that breast milk be served in place of formula from birth through the infant's first birthday.

For 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, as long as additional breast milk is offered if the infant is still hungry.

Because the introduction of solid foods serves an important purpose in an infant's daily diet, solid foods are required as part of a reimbursable meal for infants who are developmentally ready for them. The decision to feed specific foods should always be made in consultation with an infant's parent or guardian.

For infants receiving solid foods, the provider must supply at least one component of the meal to request reimbursement, either formula or a food item.

100% fruit juice may be substituted for breast milk or infant formula as a snack for infants 8 months of age and older; it must be served from a cup.

No more than one serving of juice may be served per day.

Refer to the *Crediting Foods in CACFP* for information about specific meal components.

This institution is an equal opportunity provider.