Minnesota Department of Education

Child and Adult Care Food Program
INFANT MEAL PATTERNS

BREAKFAST	Birth – 3 Months	4 – 7 Months	8 – 11 Months
Breast milk, formula Iron-fortified infant formula	**4 – 6 fluid ounces** Breast milk* or Iron-fortified infant formula	**4 – 8 fluid ounces** Breast milk* or Iron-fortified infant formula	**6 – 8 fluid ounces** Breast milk* or Iron-fortified infant formula
Infant Cereal Iron-fortified, dry, plain infant cereal		**0 – 3 Tablespoons** (optional)	**2 – 4 Tablespoons**
Fruit and/or Vegetable Plain fruit and/or vegetable only			**1 – 4 Tablespoons**

SNACK	Birth – 3 Months	4 – 7 Months	8 – 11 Months
Breast milk, formula Iron-fortified infant formula	**4 – 6 fluid ounces**	**4 – 6 fluid ounces**	**2 – 4 fluid ounces**
Bread or bread alternate Made from whole-grain or enriched meal or flour			**0 – 1/2 bread** or** **0 – 2 crackers**** (optional)

LUNCH/SUPPER	Birth – 3 Months	4 – 7 Months	8 – 11 Months
Breast milk, formula Iron-fortified infant formula	**4 – 6 fluid ounces** Breast milk* or Iron-fortified infant formula	**4 – 8 fluid ounces** Breast milk* or Iron-fortified infant formula	**6 – 8 fluid ounces** Breast milk* or Iron-fortified infant formula
Infant Cereal Iron-fortified, dry, plain infant cereal		**0 – 3 Tablespoons** (optional)	**2 – 4 Tablespoons** **OR**
Meat or meat alternate Plain meat, fish, poultry, egg yolk, cooked dry beans or dry peas			**1 – 4 Tablespoons** **OR**
or Cheese			**½ – 2 ounces OR**
or Cottage Cheese			**1 – 4 ounces** (by volume) **OR**
or Cheese food or cheese spread			**1 – 4 ounces** (by weight) **OR**
Fruit and/or Vegetables		**0 – 3 Tablespoons** (optional)	**1 – 4 Tablespoons**

* It is recommended that breast milk be served in place of formula from birth through 11 months.
** A serving of bread or crackers must be made from whole-grain or enriched meal or flour.

Full-strength fruit juice may be substituted for breast milk or iron-fortified infant formula as a snack for infants eight months of age or older.