

Child and Adult Care Food Program (CACFP)

MEAL PATTERN FOR INFANTS

The USDA final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*, updates the CACFP meal patterns, effective October 1, 2017. This CACFP infant meal pattern is in effect through September 30, 2019. Effective October 1, 2019, serving sizes must comply with the ounce equivalents for creditable grains in *Whole Grain-rich Ounce Equivalents for the CACFP*. For more information, see the USDA’s [Nutrition Standards for CACFP Meals and Snacks](#) webpage.

October 1, 2017, through September 30, 2019	
BREAKFAST ¹	
Birth through 5 months	6 through 11 months
4-6 fluid ounces of breast milk ² or iron-fortified infant formula ³	6-8 fluid ounces of breast milk ² or iron-fortified infant formula ^{3,4} 0-4 tablespoons of iron-fortified dry infant cereal ⁵ , meat, fish, poultry, whole egg, or cooked dry beans or peas; or 0-2 ounces of cheese; or 0-½ cup of cottage cheese; or 0-4 ounces or ½ cup of yogurt ⁶ ; or any combination of these foods ⁷ 0-2 tablespoons of vegetable, fruit, or combination of both ^{7,8}
<ol style="list-style-type: none"> 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 on CSDE’s Feeding Infants in CACFP Child Care Programs webpage. ² Breast milk or formula or portions of both must be served. The USDA recommends serving breast milk in place of formula from birth through 11 months. Breastfed infants who regularly consume less than the minimum amount of breast milk per feeding may be offered less than the minimum serving, with additional breast milk offered at a later time if the infant will consume more. CACFP facilities can claim reimbursement for meals when a mother supplies expressed breast milk or directly breastfeeds her infant on site, even when the infant is only consuming breast milk. ³ CACFP facilities must offer at least one iron-fortified infant formula that meets CACFP requirements. For more information, see “Allowable Infant Formula” in the CSDE’s guide, Feeding Infants in CACFP Child Care Programs. A parent/guardian can choose to decline the offered formula and provide another allowable infant formula. For more information, see the CSDE’s form, Accepting/Rejecting Infant Formula in the CACFP. CACFP facilities can claim reimbursement for meals when a parent/guardian supplies an allowable infant formula, even when the infant is only consuming infant formula. ⁴ If a parent/guardian chooses to provide breast milk (expressed breast milk 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. ⁵ Dry infant cereal must be iron fortified. Effective October 1, 2019, serving sizes must comply with the ounce equivalents for creditable grains in Whole Grain-rich Ounce Equivalents for the CACFP. ⁶ Yogurt cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). For more information, see the CSDE’s handout, Crediting Yogurt in the CACFP. ⁷ A serving of this component is required when the infant is developmentally ready to accept it. ⁸ Fruit and vegetable juices cannot be served. 	

CACFP INFANT MEAL PATTERN, continued

October 1, 2017, through September 30, 2019

LUNCH AND SUPPER ¹

Birth through 5 months	6 through 11 months
4-6 fluid ounces of breast milk ² or iron-fortified infant formula ³	6-8 fluid ounces of breast milk ² or iron-fortified infant formula ^{3,4} 0-4 tablespoons of iron-fortified dry infant cereal ⁵ , meat, fish, poultry, whole egg, or cooked dry beans or peas; or 0-2 ounces of cheese; or 0-½ cup of cottage cheese; or 0-4 ounces or ½ cup of yogurt ⁶ ; or any combination of these foods ⁷ 0-2 tablespoons of vegetable, fruit, or combination of both ^{7,8}

- 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 on CSDE’s [Feeding Infants in CACFP Child Care Programs](#) webpage.
- ² Breast milk or formula or portions of both must be served. The USDA recommends serving breast milk in place of formula from birth through 11 months. Breastfed infants who regularly consume less than the minimum amount of breast milk per feeding may be offered less than the minimum serving, with additional breast milk offered at a later time if the infant will consume more. CACFP facilities can claim reimbursement for meals when a mother supplies expressed breast milk or directly breastfeeds her infant on site, even when the infant is only consuming breast milk.
- ³ CACFP facilities must offer at least one iron-fortified infant formula that meets CACFP requirements. For more information, see “Allowable Infant Formula” in the CSDE’s guide, [Feeding Infants in CACFP Child Care Programs](#). A parent/guardian can choose to decline the offered formula and provide another allowable infant formula. For more information, see the CSDE’s [Accepting/Rejecting Infant Formula in the CACFP](#) form. CACFP facilities can claim reimbursement for meals when a parent/guardian supplies an allowable infant formula, even when the infant is only consuming infant formula.
- ⁴ If a parent/guardian chooses to provide breast milk (expressed breast milk 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.
- ⁵ Dry infant cereal must be iron fortified. Effective October 1, 2019, serving sizes must comply with the ounce equivalents for creditable grains in [Whole Grain-rich Ounce Equivalents for the CACFP](#).
- ⁶ Yogurt cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). For more information, see the CSDE’s handout, [Crediting Yogurt in the CACFP](#).
- ⁷ A serving of this component is required when the infant is developmentally ready to accept it.
- ⁸ Fruit and vegetable juices cannot be served.

CACFP INFANT MEAL PATTERN, continued

October 1, 2017, through September 30, 2019

SNACK ¹

Birth through 5 months	6 through 11 months
4-6 fluid ounces of breast milk ² or iron-fortified infant formula ³	2-4 fluid ounces of breast milk ² or iron-fortified formula ^{3,4} 0-½ slice of bread ⁵ ; or 0-2 crackers ⁵ ; or 0-4 tablespoons of iron-fortified infant cereal ⁵ or ready-to eat breakfast cereal, including cold dry cereal and hot cereals (instant and regular) ^{5,6,7} 0-2 tablespoons of vegetable, fruit, or combination of both ^{7,8}

- 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 on CSDE’s [Feeding Infants in CACFP Child Care Programs](#) webpage.
- ² Breast milk or formula or portions of both must be served. The USDA recommends serving breast milk in place of formula from birth through 11 months. Breastfed infants who regularly consume less than the minimum amount of breast milk per feeding may be offered less than the minimum serving, with additional breast milk offered at a later time if the infant will consume more. CACFP facilities can claim reimbursement for meals when a mother supplies expressed breast milk or directly breastfeeds her infant on site, even when the infant is only consuming breast milk.
- ³ CACFP facilities must offer at least one iron-fortified infant formula that meets CACFP requirements. For more information, see “Allowable Infant Formula” in the CSDE’s guide, [Feeding Infants in CACFP Child Care Programs](#). A parent/guardian can choose to decline the offered formula and provide another allowable infant formula. For more information, see the CSDE’s [Accepting/Rejecting Infant Formula in the CACFP](#) form. CACFP facilities can claim reimbursement for meals when a parent/guardian supplies an allowable infant formula, even when the infant is only consuming infant formula.
- ⁴ If a parent/guardian chooses to provide breast milk (expressed breast milk 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.
- ⁵ Dry infant cereal must be iron fortified. A serving of grains must be whole grain-rich, enriched meal, or enriched flour. Effective October 1, 2019, serving sizes must comply with the ounce equivalents for creditable grains in [Whole Grain-rich Ounce Equivalents for the CACFP](#).
- ⁶ Breakfast cereals cannot contain more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, see the CSDE’s handout, [Crediting Breakfast Cereals in the CACFP](#).
- ⁷ A serving of this component is required when the infant is developmentally ready to accept it.
- ⁸ Fruit and vegetable juices cannot be served.



For more information, see 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.

This document is available at

<http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Infants/InfantMealPattern.pdf>

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