

Child and Adult Care Food Program



Infant Food Chart



INFANTS	Ages:	Birth through 5 months	6 through 11 months
Breakfast			
Breastmilk or Formula		4-6 fluid ounces	6-8 fluid ounces; and
Fruit or Vegetable or combination			0-2 Tbsp.; and
IFIC or Meat/Meat Alternate or combination			0-1/2 oz eq Infant Cereal, 0-4 Tbsp. meat, fish, poultry, whole egg, cooked dry beans or peas ; or 0-2 ounces cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt or a combination
Lunch/Supper			
Breastmilk or Formula		4-6 fluid ounces	6-8 fluid ounces; and
Fruit or Vegetable or combination			0-2 Tbsp.; and
IFIC or Meat/Meat Alternate or combination			0-1/2 oz eq Infant Cereal, 0-4 Tbsp. meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 ounces cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt or a combination
Snack			
Breastmilk or Formula		4-6 fluid ounces	2-4 fluid ounces; and
Fruit or Vegetable or combination			0-2 Tbsp.; and
IFIC, Bread, Crackers, Cereal			0-1/2 ounce bread; or 0-1/2 oz eq Infant cereal or 0-1/4 oz eq cracker or 0-1/4 oz eq ready-to-eat cereal