

Birth through 5 months	6 through 11 months
BREAKFAST AND LUNCH/SUPPER	
4-6 fluid ounces breastmilk ^{1,2,3} or formula ⁴	6-8 fluid ounces breastmilk ^{1,2,3} or formula ⁴ AND 0-4 tablespoons infant cereal ^{4,5} meat, fish, ouktry, while egg, cooked dry beans, OR cooked dry peas; OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese; OR 0-4 ounces or ½ cup of yogurt ⁵ ; OR a combination of the above ⁶ ; AND 0-2 tablespoons vegetable or fruit or a combination of both ^{6,7}

Birth through 5 months	6 through 11 months
SNACK	
4-6 fluid ounces breastmilk ^{1,2,3} or formula ⁴	2-4 fluid ounces breastmilk ^{1,2,3} or formula ⁴ AND 0-1/2 slice bread ⁸ ; OR 0-2 crackers ⁸ ; OR 0-4 tablespoons infant cereal ^{4,8} OR ready-to-eat breakfast cereal ^{8,9} ; AND 0-2 tablespoons vegetable or fruit or a combination of both ^{6,7}

¹Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 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, with additional breastmilk offered at a later time if the infant will consume more.

²In lieu of providing expressed breastmilk, a breastfeeding mother can breastfeed their infant on-site as part of a reimbursement meal. The child care center must document that the infant was breastfed, but documentation of duration and amount is not required.

³For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount may be offered, with additional breastmilk offered later if the infant will consume more.

⁴Infant formula and dry infant cereal must be iron-fortified.

⁵Yogurt must contain no more than 12 grams of added sugars per 6 ounces.

⁶A serving of this component is required when the infant is developmentally ready to accept it. .

^{6,7}Fruit and vegetable juices must not be served. .

⁸A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁹Breakfast cereals must contain no more than 6 grams of added sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

Breastfeeding Benefits: USDA CACFP is committed to encouraging and supporting breastfeeding. There are numerous benefits to breastfeeding and the AAP recommends breastmilk as the optional source of nutrients through the first year of life and beyond. Infants who are breastfed have a lower risk of respiratory infections, diarrhea, pneumonia, and ear infections, as well as later asthma, sudden infant death syndrome, obesity, etc. To strengthen the CACFP's support and encouragement of breastfeeding, the updated meal pattern allows providers to be reimbursed for meals when the mother directly breastfeeds her infant at the center or day care home.