

Child and Adult Care Food Program (CACFP)

INFANT MEAL PATTERN ¹

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. The current CACFP infant meal pattern requirements under 7 CFR 226 remain in effect until that time. For more information, see the USDA's [Nutrition Standards for CACFP Meals and Snacks](#) Web page.

EFFECTIVE THROUGH SEPTEMBER 30, 2017			
Meal	Birth through 3 months	4 through 7 months	8 through 11 months
Breakfast	4-6 fluid ounces (fl. oz.) breast milk ^{2,3} or iron-fortified formula ^{4,5}	4-8 fl. oz. breast milk ^{2,3} or iron-fortified formula ^{4,6} 0-3 tablespoons (Tbsp.) iron-fortified dry infant cereal (optional until infant is developmentally ready) ^{7,8}	6-8 fl. oz. breast milk ^{2,3} or iron-fortified formula ^{4,9} 2-4 Tbsp. iron-fortified dry infant cereal ^{8,9} 1-4 Tbsp. fruit and/or vegetable ⁹
Lunch or Supper	4-6 fl. oz. breast milk ^{2,3} or iron-fortified formula ^{4,5}	4-8 fl. oz. breast milk ^{2,3} or iron-fortified formula ^{4,6} 0-3 Tbsp. iron-fortified dry infant cereal (optional until infant is developmentally ready) ^{7,8} 0-3 Tbsp. fruit and/or vegetable (optional until infant is developmentally ready) ⁷	6-8 fl. oz. breast milk ^{2,3} or iron-fortified formula ^{4,9} 2-4 Tbsp. iron-fortified dry infant cereal ^{8,9} and/or 1-4 Tbsp. meat, fish, poultry, egg yolk or cooked dry beans or peas or ½-2 oz. cheese or ⅛-½ cup cottage cheese or 1-4 oz. cheese food or cheese spread ⁹ 1-4 Tbsp. fruit and/or vegetable ⁹
Snack	4-6 fl. oz. breast milk ^{2,3} or iron-fortified formula ^{4,5}	4-6 fl. oz. breast milk ^{2,3} or iron-fortified formula ^{4,5}	2-4 fl. oz. breast milk ^{2,3} or iron-fortified formula ^{4,6} or fruit juice ¹⁰ 0-½ slice bread or 0-2 crackers ¹¹ (optional until infant is developmentally ready) ⁷
◀ See back for important menu planning notes ▶			



For more information on feeding infants, see the [Feeding Infants](#) section of the CSDE's Nutrition Policies and Guidance Web page. For more information on the CACFP, visit the CSDE's [CACFP](#) Web site or contact the [CACFP staff](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This document is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/infants/infantmp.pdf.

CACFP INFANT MEAL PATTERN, continued

Menu Planning Notes

- 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 in the [Feeding Infants](#) section of the CSDE's Nutrition Policies and Guidance Web page.
- ² Breast milk or formula or portions of both may be served. The USDA recommends serving breast milk in place of formula from birth through 11 months.
- ³ Breastfed infants who regularly consume less than the minimum amount of breast milk per feeding may be offered less, with additional breast milk offered if the infant is still hungry.
- ⁴ Infant formula must be iron fortified and meet the CACFP requirements. For more information, see "Allowable Infant Formulas" in the CSDE's [Feeding Infants in CACFP Child Care Programs](#).
- ⁵ Either the CACFP facility or parent/guardian must provide formula. Reimbursement may be claimed for meals containing parent-provided formula as the only component if the CACFP facility feeds the infant the meal.
- ⁶ Either the CACFP facility or parent/guardian must provide formula. Reimbursement may be claimed for meals containing parent-provided formula as the only component if the infant is not developmentally ready for the optional meal components, and the CACFP facility feeds the infant the meal.
- ⁷ Optional components become required and must be served by the CACFP facility when the infant is developmentally ready and the parent/guardian requests them. Reimbursement may be claimed for meals containing parent-provided components when the CACFP facility provides (pays for) at least one component, and a complete meal (all components the infant is developmentally ready to accept) is supplied between the parents and CACFP facility.
- ⁸ Only iron-fortified dry infant cereal credits as a meal component in the CACFP infant meal pattern. Ready-to-eat cold dry breakfast cereals and cooked breakfast cereals are not creditable, but can be fed as additional foods to older babies (at least 8 months) if the parent/guardian requests them. All other required components must also be served.
- ⁹ For ages 8-11 months, reimbursement may be claimed for meals containing parent-provided components when the CACFP facility provides (pays for) at least one component, and a complete meal (all components the infant is developmentally ready to accept) is supplied between the parents and CACFP facility.
- ¹⁰ Full-strength 100 percent fruit juice must be served. No other juices or juice drinks are creditable.
- ¹¹ Bread and crackers must be made from whole-grain or enriched flour or meal.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;*
- (2) fax: (202) 690-7442; or*
- (3) email: program.intake@usda.gov.*

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/ affirmative action for all qualified persons. The Connecticut State Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/ or federal nondiscrimination laws. The Connecticut State Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/ Americans with Disabilities Act Coordinator, Connecticut State Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2071, Levy.Gillespie@ct.gov