

# Child and Adult Care Food Program



## INFANT FOOD CHART



Ages:

Birth through 5 months

6 through 11 months

### Breakfast

Breast Milk or Formula

4-6 fluid ounces

6-8 fluid ounces; and

Fruit or Vegetable or combination

0-2 Tbsp.; and

Grain or

Meat/Meat Alternate or combination

0-4 Tbsp. 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 yogurt or a combination

### Lunch/Supper

Breast Milk or Formula

4-6 fluid ounces

6-8 fluid ounces; and

Fruit or Vegetable or combination

0-2 Tbsp.; and

Grain or

Meat/Meat Alternate or combination

0-4 Tbsp. 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 yogurt or a combination

### Snack

Breast Milk or Formula

4-6 fluid ounces

2-4 fluid ounces; and

Fruit or Vegetable or combination

0-2 Tbsp.; and

Grain

0-1/2 slice bread; or 0-4 Tbsp. infant  
cereal or ready-to-eat cereal; or 0-2  
crackers