



CACFP
 P.O. BOX 495
 DOVER, DE 19903
 674-1600

INFANT MEAL PATTERN MENU

DAY CARE PROVIDER _____ **WEEK OF:** _____

NAME OF INFANT _____ **DOB:** ____ / ____ / ____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
LUNCH					
SNACK					
SUPPER					

REQUIREMENTS FOR INFANT MEAL PATTERN

AGES	BREAKFAST	LUNCH OR SUPPER	SNACK
0-3 mo.	4-6 fl. oz. breast milk or formula	4-6 fl. oz. breast milk or formula	4-6 fl. oz. breast milk or formula
4-7 mo.	4-8 fl. oz. breast milk or formula 0-3 tbsp. infant cereal	4-8 fl. oz. breast milk or formula 0-3 tbsp. infant cereal 0-3 tbsp. fruit and / or veg.	4-6 fl. oz. breast milk or formula
8-11 mo.	6-8 fl. oz. of breast milk or formula and 1-4 tbsp. infant cereal and 1-4 tbsp. fruit and / or veg.	6-8 fl. oz. of breast milk or formula and 2-4 tbsp. infant cereal and / or 1-4 tbsp. meat, fish, poultry, egg yolk, or cooked dry beans or 1-4 tbsp. cottage cheese and 1-4 tbsp. fruit and / or veg.	2-4 fl. oz. of breast milk or formula 0-1/2 slice bread or 0-2 crackers

- Infant formula must be iron fortified. No juice allowed.
- Solid foods are begun when **infants are ready to accept them** usually between 4 and 6 months.
- Cereal must be dry iron fortified infant cereal. Begin with rice then oat and barley. Wheat maybe added at 8 months followed by mixed.
- Vegetables and fruits may be added when Baby accepts 2-3 T. of infant cereal at each meal around **6 months. Wait at least one week before adding another new food.**
- **Always consult with parents prior to adding any solid food.**