

# Meal Pattern Requirements: Infants, Birth to 12 Months



## **BREAKFAST, LUNCH AND SUPPER: Serve 3 Components**

- Only offer solid foods to infants if they are developmentally ready.

Components	Birth – 5 Months	6 – 12 Months
<b>Breast Milk or Infant Formula and</b>	4 - 6 fluid ounces	6 - 8 fluid ounces
<b>Grains or Meat/Meat alternates, or a combination</b>		
• Infant Cereal <b>or</b>	None	0 – ½ ounce equivalent (4 Tablespoons)
• Meat, poultry, egg, fish, cooked dry peas or beans <b>or</b>	None	0 - 4 Tablespoons
• Cheese <b>or</b>	None	0 - 2 ounces
• Cottage cheese <b>or</b>	None	0 - 4 ounces (volume)
• Yogurt	None	0 - 4 ounces
<b>Fruit or vegetable or a combination of both</b>	None	0 - 2 Tablespoons

## **SNACK: Serve 3 Components**

- Only offer solid foods to infants if they are developmentally ready.

Components	Birth – 5 Months	6 – 12 Months
<b>Breast Milk or Infant Formula and</b>	4 - 6 fluid ounces	2 - 4 fluid ounces
<b>Grain</b>	None	Required once developmentally ready
• Infant Cereal <b>or</b>	None	0 - ½ ounce equivalent (4 Tablespoons)
• Bread <b>or</b>	None	0 - ½ ounce equivalent (½ slice)
• Crackers <b>or</b>	None	0 – ¼ ounce equivalent
• Ready-to-eat breakfast cereal <b>and</b>	None	0 - ¼ ounce equivalent <ul style="list-style-type: none"> <li>• flakes or rounds: ¼ cup or 4 Tablespoons</li> <li>• puffed: ½ cup or 5 Tablespoon</li> </ul>
<b>Vegetable or fruit or a combination of both</b>	None	0 - 2 Tablespoons

## Key Infant Meal Pattern Requirements:

1. Breast milk or formula, or portions of both, may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.
2. Infant formula and dry infant cereal must be iron-fortified. The formula must be intended as the sole source of food for normal, healthy infants, and must be served in the liquid state at the manufacturer's recommended dilution.
3. All grains served must be enriched, fortified, or whole grain-rich.
4. Ounce equivalents (oz eq) are used to determine the quantity of creditable grains. Refer to the USDA Training Worksheet: [Feeding Infants Using Ounce Equivalents for Grains in the CACFP](#).
5. Nuts, seeds, or nut butters are not allowed as a meat alternate for infants.
6. Yogurt may contain no more than 15 grams sugar per 4 oz serving, 23 grams sugar per 6 oz serving. Use the USDA worksheet: [Choose Yogurts That are Lower in Sugar](#).
7. Fruit or vegetable juices may not be substituted for the fruit or vegetable requirement.
8. Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce. Use the USDA worksheet: [Choose Breakfast Cereals That are Lower in Sugar](#) or refer to the [WIC Authorized Foods list](#).
9. Products labeled, "cheese food," "cheese spread," and "cheese product" are not creditable under the infant meal pattern.

### For more information, visit:

- The USDA Food and Nutrition Services website for [CACFP Training Tools](#)
- The USDA [Food Buying Guide](#)



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# Meal Pattern Requirements: Children 1-12 Years



**Breakfast:** • All 3 components are required.

COMPONENTS	Minimum Serving Size, based on age		
	1-2 YEARS	3-5 YEARS	6-12 YEARS
<b>Fluid Milk</b>	½ cup (4 fluid ounces)	¾ cup (6 fluid ounces)	1 cup (8 fluid ounces)
<b>Grain</b>			
• Bread	½ slice	½ slice	1 slice
• Muffin/pancake/waffle/etc.	½ ounce equivalent (½ serving)	½ ounce equivalent (½ serving)	1 ounce equivalent (1 serving)
• Cereal, hot	hot: ¼ cup	hot: ¼ cup	hot: ½ cup
• Cereal, cold	flakes/rounds: ½ cup, puffed: ¾ cup, granola: ½ cup	flakes/rounds: ½ cup, puffed: ¾ cup, granola: ½ cup	flakes/rounds: 1 cup, puffed: 1¼ cup, granola: ¼ cup
<b>Vegetable or Fruit or Juice</b>	¼ cup	½ cup	½ cup

**Lunch/ Supper:** • All 5 components are required.

COMPONENTS	Minimum Serving Size, based on age		
	1-2 YEARS	3-5 YEARS	6-12 YEARS
<b>Fluid Milk</b>	½ cup (4 fluid ounces)	¾ cup (6 fluid ounces)	1 cup (8 fluid ounces)
<b>Meat/Poultry/Fish/Cheese</b>	1 ounce	1 ½ ounces	2 ounces
• Egg	½ egg	¾ egg	1 egg
• Cooked dry beans or peas	¼ cup	6 Tablespoons (¾ cup)	½ cup
• Peanut butter/other nut or seed butter	2 Tablespoons	3 Tablespoons	4 Tablespoons
• Yogurt	4 ounces (½ cup)	6 ounces (¾ cup)	8 ounces (1 cup)
<b>Grain</b>			
• Bread/roll	½ ounce equivalent (½ slice, ½ serving)	½ ounce equivalent (½ slice, ½ serving)	1 ounce equivalent (1 slice, 1 serving)
• Pasta/rice	¼ cup	¼ cup	½ cup
<b>Vegetable</b>	⅓ cup (2 Tablespoons)	¼ cup	½ cup
<b>Different Vegetable or Fruit or Juice</b>	⅓ cup (2 Tablespoons)	¼ cup	¼ cup

- Snack:**
- 2 of the 5 components are required.
  - Snack may not consist of only milk and juice.

COMPONENTS	Minimum Serving Size, based on age		
	1-2 YEARS	3-5 YEARS	6-12 YEARS
<b>Fluid Milk</b>	½ cup (4 fluid ounces)	½ cup (4 fluid ounces)	1 cup (8 fluid ounces)
<b>Meat/Poultry/Fish/Cheese</b>	½ ounce	½ ounce	1 ounce
• Egg	½ egg	½ egg	½ egg
• Cooked dry beans or peas	2 Tablespoons	2 Tablespoons	¼ cup
• Peanut butter/other nut or seed butter	1 Tablespoon	1 Tablespoon	2 Tablespoons
• Yogurt	2 ounces (¼ cup)	2 ounces (¼ cup)	4 ounces (½ cup)
<b>Grain</b>			
• Bread/roll/muffin/crackers	½ ounce equivalent (½ slice, ½ serving)	½ ounce equivalent (½ slice, ½ serving)	1 ounce equivalent (1 slice, 1 serving)
<b>Vegetable or Juice</b>	½ cup	½ cup	¾ cup
<b>Fruit or Juice</b>	½ cup	½ cup	¾ cup

## Key Meal Pattern Requirements:

1. Milk:
  - Children 12 - 24 months must be served unflavored whole milk. Children over age 2 must be served low-fat (1%) or fat-free (skim) milk.
  - Flavored milk must be fat-free and may only be served to children older than 6. Child care agencies licensed by the Office of Child Care cannot serve beverages with added sweetener, regardless of age (COMAR 13a.16.12.01).
2. Grains:
  - At least one grain serving per day must be whole grain-rich; all other servings must be enriched or fortified.
  - Grain-based desserts are not creditable. Refer to the USDA Training Worksheet: [Grain-Based Desserts in the CACFP](#).
  - Use Exhibit A or USDA Grains Measuring Chart to determine minimum serving sizes. For details on crediting grains, use the [USDA Crediting Handbook for the CACFP](#).
  - Cereals must contain no more than 6 grams of sugar per dry ounce (28 grams). Use the USDA worksheet: [Choose Breakfast Cereals That are Lower in Sugar](#) or refer to the [WIC Authorized Foods list](#).
3. Meat/Meat Alternates:
  - Yogurt must contain no more than 15 grams sugar per 4 ounce serving, 23 grams sugar per 6 ounce serving. Use the USDA worksheet: [Choose Yogurts That are Lower in Sugar](#).
  - Meat/meat alternates may be served in place of the grain component at breakfast up to 3 times per week. Refer to the USDA worksheet: [Serving Meat and Meat Alternates at Breakfast](#). Some breakfast meats are not creditable or require a Child Nutrition (CN) label or Product Formulation Statement (PFS); see the [USDA Crediting Handbook for the CACFP](#).
4. Fruit/Vegetables:
  - Juice may be credited as the fruit or vegetable requirement no more than once per day and must be 100% juice and pasteurized.

### For more information, visit:

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