

Maryland State Department of Education  
Child and Adult Care Food Program



**MEAL PATTERN REQUIREMENTS: INFANTS BIRTH TO 12 MONTHS**

MEAL	Birth – 5 Months	6 – 12 Months
<b>BREAKFAST, LUNCH OR SUPPER--3 COMPONENTS</b>		
1) Breast Milk or Infant Formula <b>and</b>	4 - 6 fluid oz.	6 - 8 fluid oz.
2) Infant Cereal <b>or</b> Meat, poultry, egg, fish, cooked dry peas or beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt <b>or</b> A combination of the above <b>and</b>		0 - 4 Tbsp.
		0 - 4 Tbsp.
		0 - 2 oz.
		0 - 4 oz. (volume)
		0 - 4 oz.
3) Fruit or vegetable or a combination of both		0 - 2 Tbsp.
<b>SNACK--3 COMPONENTS</b>		
1) Breast Milk or Infant Formula <b>and</b>	4 - 6 fluid oz.	2 - 4 fluid oz.
2) Infant Cereal <b>or</b> Bread <b>or</b> Crackers <b>or</b> Ready-to-eat breakfast cereal <b>and</b>		0 - 4 Tbsp.
		0 - ½ slice
		0 - 2 pieces
		0 - 4 Tbsp.
3) Vegetable or fruit or a combination of both		0 - 2 Tbsp.

- Only offer solid foods to infants if they are developmentally ready.
- 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.
- 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.
- Fruit or vegetable juices may not be substituted for the fruit or vegetable requirement.
- Bread or crackers must be made from whole-grain or enriched meal or flour.
- Cereals must contain no more than 6 grams of sugar per dry ounce--see list of creditable cereals.
- Nuts, seeds or nut butters are not allowed as a meat alternate.
- Yogurt may contain no more than 15 grams sugar per 4 oz serving; 23 grams sugar per 6 oz serving; or 30 grams sugar per 8 oz serving.

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Effective October 2017

Maryland State Department of Education  
 Child and Adult Care Food Program  
 Infant Menu Planner – Birth to 12 Months



Center Name: \_\_\_\_\_

Week of: \_\_\_\_\_

**Please note:** Babies should be fed when they are hungry and not restricted to a rigid schedule.

Meal Pattern	Minimum Requirements		Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.					
Iron fortified infant cereal or	None	0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or	None	0-4 Tbsp.					
Cheese or	None	0-2 oz.					
Cottage cheese or	None	0-4 oz (volume)					
Yogurt	None	0-4 oz.					
Vegetable and/or fruit**	None	0-2 Tbsp.					
<b>SNACK—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.					
Iron fortified infant cereal or	None	0-4 Tbsp.					
Bread or	None	0 - 1/2 slice					
Crackers or	None	0-2					
Ready-to-eat breakfast cereal	None	0-4 Tbsp.					
Vegetable and/or fruit**	None	0-2 Tbsp.					
<b>LUNCH—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.					
Iron fortified infant cereal or	None	0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or	None	0-4 Tbsp.					
Cheese or	None	0-2 oz.					
Cottage cheese or	None	0-4 oz (volume)					
Yogurt	None	0-4 oz.					
Vegetable and/or fruit**	None	0-2 Tbsp.					13

\* Solid food components are required only when the infant is developmentally ready to accept them.

\*\*Juices may not be served in place of fruit/vegetable requirement

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Maryland State Department of Education  
 Child and Adult Care Food Program  
**Sample Infant Menu**



**Please note: Babies should be fed when they are hungry and not restricted to a rigid schedule.**

Meal Pattern	Minimum Requirements		Monday	Tuesday	Wednesday	Thursday	Friday
	0-5 mo.	6-12 mo.*					
<b>BREAKFAST—3 COMPONENTS</b>							
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula
Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt	None	0-4 Tbsp.	Baby rice cereal	Baby oatmeal	Cottage cheese	Eggs	Baby oatmeal
	None	0-4 Tbsp.					
	None	0-2 oz.					
	None	0-4 oz (volume)					
Vegetable and/or fruit**	None	0-4 oz.	Applesauce	Mashed banana	Soft pears	Applesauce	Peaches
<b>SNACK—3 COMPONENTS</b>							
Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula
Iron fortified infant cereal or Bread or Crackers or Ready-to-eat breakfast cereal	None	0-4 Tbsp.	Crackers	Cheerios	Teething biscuit	Baby cereal	Toast strips
	None	0 - 1/2 slice					
	None	0-2					
	None	0-4 Tbsp.					
Vegetable and/or fruit**	None	0-2 Tbsp.	Peaches	Mashed sweet potato	Applesauce	Mashed carrots	Mashed banana
<b>LUNCH—3 COMPONENTS</b>							
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula
Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt	None	0-4 Tbsp.	Baby chicken	Eggs	Infant cereal	Yogurt	Cottage Cheese
	None	0-4 Tbsp.					
	None	0-2 oz.					
	None	0-4 oz (volume)					
Vegetable and/or fruit**	None	0-4 oz.	Squash	Mixed vegetables	Green beans	Soft pears	Spinach

\* Solid food components are required only when the infant is developmentally ready to accept them.

\*\*Juices may not be served in place of fruit/vegetable requirement.

Commercially prepared baby food may be used, but must only contain a single component. Apple and beet is creditable but sweet potato and chicken is not.

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Effective October 2017

**CHILD AND ADULT CARE FOOD PROGRAM**  
**MEAL PATTERN REQUIREMENTS: CHILDREN 1 – 12 YEARS**



MEAL	1-2 YEARS	3-5 YEARS	6-12 YEARS
<b>BREAKFAST—ALL 3 COMPONENTS REQUIRED</b>			
1) Fluid Milk <sup>1</sup>	½ cup (4 fl oz)	¾ cup (6 fl oz)	1 cup (8 fl oz)
2) Grain <sup>2,3</sup> : Bread or Muffin/pancake/waffle/etc. or Cereal <sup>4</sup>	½ slice ½ serving (½ oz equiv.) hot: ¼ cup; cold: ¼ cup	½ slice ½ serving (½ oz equiv.) hot: ¼ cup; cold: ½ cup	1 slice 1 serving (1 oz equiv.) hot: ½ cup; cold: ¾ cup
3) Vegetable or Fruit or Juice <sup>5</sup>	¼ cup	½ cup	½ cup
<b>SNACK—2 OF 5 COMPONENTS REQUIRED<sup>6</sup></b>			
1) Fluid Milk <sup>1</sup>	½ cup (4 fl oz)	½ cup (4 fl oz)	1 cup (8 fl oz)
2) Meat/Poultry/Fish/Cheese or Tofu or Egg or Cooked dry beans or peas or Peanut butter/other nut or seed butter or Yogurt <sup>7</sup>	½ oz 1.1 oz (2 Tbsp) ½ egg 2 Tbsp 1 Tbsp 2 oz (¼ cup)	½ oz 1.1 oz (2 Tbsp) ½ egg 2 Tbsp 1 Tbsp 2 oz (¼ cup)	1 oz 2 oz (¼ cup) ½ egg ¼ cup 2 Tbsp 4 oz (½ cup)
3) Grain <sup>2</sup> : Bread/roll/muffin/crackers	½ slice (½ oz equiv.)	½ slice (½ oz equiv.)	1 slice (1 oz equiv.)
4) Vegetable or Juice <sup>5</sup>	½ cup	½ cup	¾ cup
5) Fruit or Juice <sup>5</sup>	½ cup	½ cup	¾ cup
<b>LUNCH/SUPPER—ALL 5 COMPONENTS REQUIRED</b>			
1) Fluid Milk <sup>1</sup>	½ cup (4 fl oz)	¾ cup (6 fl oz)	1 cup (8 fl oz)
2) Meat/Poultry/Fish/Cheese or Egg or Cooked dry beans or peas or Peanut butter/other nut or seed butter or Yogurt <sup>7</sup>	1 oz ½ egg ¼ cup 2 Tbsp 4 oz (½ cup)	1 ½ oz ¾ egg 6 Tbsp (¾ cup) 3 Tbsp 6 oz (¾ cup)	2 oz 1 egg ½ cup 4 Tbsp 8 oz (1 cup)
3) Grain <sup>2</sup> : Bread/roll or Pasta/rice	½ slice (½ oz equiv.) ¼ cup	½ slice (½ oz equiv.) ¼ cup	1 slice (1 oz equiv.) ½ cup
4) Vegetable	⅓ cup (2 Tbsp)	¼ cup	½ cup
5) Different Vegetable or Fruit or Juice <sup>5</sup>	⅓ cup (2 Tbsp)	¼ cup	½ cup

Children 12 to 24 months must be served whole milk; low-fat (1%) or fat-free (skim) milk is required for children age 2 years and older. Flavored milk must be fat-free and may be served only to children 6-12 years.

<sup>2</sup>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. See Crediting Handbook for details on crediting grains and calculating ounce equivalents.

<sup>3</sup>Meat/meat alternates may be served in place of the grain component at breakfast up to 3 times per week. Some breakfast meats are not creditable or require a CN label/product formulation statement; see Crediting Handbook.

<sup>4</sup>Cereals must contain no more than 6 grams of sugar per dry ounce (28g)—see list of creditable cereals.

<sup>5</sup>Juice may be credited as the fruit or vegetable requirement no more than once per day, and must be 100% juice.

<sup>6</sup>Snack may not consist of only milk and juice.

<sup>7</sup>Yogurt must contain no more than 15 grams sugar per 4 oz serving; 23 grams sugar per 6 oz serving; or 30 grams sugar per 8 oz serving.

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**CHILD AND ADULT CARE FOOD PROGRAM  
WEEKLY MENU PLANNER—CHILDREN 1 TO 12 YEARS**

Week of \_\_\_\_\_ Year \_\_\_\_\_

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age 1-2	Age 3-5	Age 6-12					
<b>BREAKFAST—ALL 3 COMPONENTS REQUIRED</b>								
Fluid Milk <sup>1</sup>	½ cup	¾ cup	1 cup					
Grain/bread/cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup					
Fruit or vegetable	¼ cup	½ cup	½ cup					
<b>SNACK – 2 OF THE 5 COMPONENTS REQUIRED</b>								
Fluid Milk <sup>1,2</sup>	½ cup	½ cup	1 cup					
Meat/poultry/fish/cheese or Tofu or Large egg or Dried beans/peas or Peanut butter or Yogurt	½ oz	½ oz	1 oz					
	2 Tbsp (1.1 oz)	2 Tbsp	¼ cup (2.2 oz)					
	½	½	½					
	2 Tbsp	2 Tbsp	¼ cup					
	1 Tbsp	1 Tbsp	2 Tbsp					
Grain/bread/cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup					
Vegetable	½ cup	½ cup	¾ cup					
Fruit	½ cup	½ cup	¾ cup					
<b>LUNCH or SUPPER—ALL 5 COMPONENTS REQUIRED</b>								
Fluid Milk <sup>1</sup>	½ cup	¾ cup	1 cup					
Meat/poultry/fish/cheese or Tofu or Large egg or Dried beans/peas or Peanut butter or Yogurt	1 oz	1 ½ oz	2 oz					
	¼ cup (2.2 oz)	3/8 cup	½ cup (4.4 oz)					
	½	¾	1					
	¼ cup	3/8 cup	½ cup					
	2 Tbsp	3 Tbsp	4 Tbsp					
	½ cup	¾ cup	1 cup					
Vegetable	1/8 cup (2 Tbsp)	¼ cup	½ cup					
Different Vegetable or Fruit or 100% Juice	1/8 cup (2 Tbsp)	¼ cup	¼ cup					
Grain/bread/pasta/rice	½ slice ¼ cup	½ slice ¼ cup	1 slice ½ cup					

<sup>1</sup>Children 12-24 months must receive whole milk; children age two and over must receive low-fat (1%) or fat-free (skim) milk.

<sup>2</sup>Juice may not be served when milk is the only other component served at snack.

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