

## CHILD AND ADULT CARE FOOD PROGRAM

### SCHEDULE B - FOR INFANTS

MEAL PATTERN	BIRTH THROUGH 3 MONTHS	4 THROUGH 7 MONTHS	8 THROUGH 11 MONTHS
Breakfast	4-6 fl. oz. formula <sup>1</sup> or breast milk	4-8 fl. oz. formula <sup>1</sup> or breast milk 0-3 Tbsp. infant cereal <sup>2</sup> ( <i>optional</i> )	6-8 fl. oz. formula <sup>1</sup> or breast milk 2-4 Tbsp. infant cereal <sup>2</sup> 1-4 Tbsp. fruit and/or vegetable
Lunch or Supper	4-6 fl. oz. formula <sup>1</sup> or breast milk	4-8 fl. oz. formula <sup>1</sup> or breast milk 0-3 Tbsp. infant cereal <sup>2</sup> ( <i>optional</i> ) 0-3 Tbsp. fruit and/or vegetable ( <i>optional</i> )	6-8 fl. oz. formula <sup>1</sup> or breast milk 2-4 Tbsp. infant cereal <sup>2</sup> and/or 1-4 Tbsp. meat, fish, poultry, egg yolk, or cooked dry beans or peas, or 1/2-2 ounces cheese or 1-4 ounces cottage cheese, cheese food, or cheese spread 1-4 Tbsp. fruit and/or vegetable
Supplement	4-6 fl. oz. formula <sup>1</sup> or breast milk	4-6 fl. oz. formula <sup>1</sup> or breast milk	2-4 fl. oz. formula <sup>1</sup> or breast milk or fruit juice <sup>3</sup> 0-1/2 bread or 0-2 crackers ( <i>optional</i> ) <sup>4</sup>

<sup>1</sup> Shall be iron-fortified infant formula.

<sup>2</sup> Shall be iron-fortified dry infant cereal.

<sup>3</sup> Shall be full-strength fruit juice.

<sup>4</sup> Shall be from whole-grain or enriched meal or flour.