

CHILD CARE FOOD PROGRAM

Meal Pattern for Infants

BREAKFAST, LUNCH AND SUPPER COMPONENTS

SERVING SIZES FOR AGE(S):	BIRTH–5 MONTHS	6–11 MONTHS
BREASTMILK ¹ OR FORMULA ²	4–6 fl. oz.	6–8 fl. oz.
*AND ONE OR MORE OF THE FOLLOWING: Infant cereal ^{2,3,5} , meat, fish, poultry, whole egg, cooked dry beans/peas		*0–4 Tbsp.
Cheese		*0–2 oz.
Cottage cheese		*0–4 oz. (volume)
Yogurt ⁴		*0–8 oz. (1 cup)
*AND: Vegetable or fruit, or a combination of both ⁷		*0–2 Tbsp.

SNACK COMPONENTS

SERVING SIZES FOR AGE(S):	BIRTH–5 MONTHS	6–11 MONTHS
BREASTMILK ¹ OR FORMULA ²	4–6 fl. oz.	2–4 fl. oz.
*AND ONE OR MORE OF THE FOLLOWING: Bread ^{3,5}		*0–1/2 slice
Crackers ^{3,5}		*0–2
Infant cereal ^{2,3,5} or ready-to-eat cereal ^{3,5,6}		*0–4 Tbsp.
*AND: Vegetable or fruit, or a combination of both ⁷		*0–2 Tbsp.

BREASTMILK OR INFANT FORMULA

Breastmilk or iron-fortified infant formula, or portions of both, must be served to infants birth through 11 months.

Breastmilk is recommended in place of formula from birth through 11 months.

For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered. Additional breastmilk must be offered at a later time if the infant will consume more.

Infant formula must be iron-fortified. Facilities must offer at least two infant formulas; one milk-based and one soy-based (Refer to the CCFP Approved Formula List).

When a parent or guardian chooses to provide breastmilk or iron-fortified infant formula and the infant is consuming solid foods, the site must supply all other required meal components in order for the meal to be reimbursable.

Meals in which a mother directly breastfeeds her infant at the site are eligible for reimbursement.

FRUITS & VEGETABLES

Fruit and vegetable juices must not be served.

A vegetable, fruit, or combination of both must be served at snack to 6–11 month old developmentally ready infants.

GRAINS & BREADS

Grain items (bread, soft tortilla, crackers, teething biscuit, ready-to-eat breakfast cereals) must be whole grain, enriched, or made from whole grain or enriched meal or flour.

Only ready-to-eat breakfast cereals containing 6 grams of sugar or less per dry ounce may be served (Refer to the Florida WIC Approved Cereal List).

SOLID FOODS

The gradual introduction of solid foods may begin at 6 months of age or before or after 6 months of age if it is developmentally appropriate for the infant and in accordance with USDA/FNS guidance.

Once an infant is developmentally ready to accept solid foods, the site is required to offer them to the infant.

Must be of an appropriate texture and consistency and should only be introduced after consulting with the infant's parent or guardian.

Parents or guardians should request in writing when a site should start serving solid foods to their infant.

Parents or guardians may supply only one component of the infant's reimbursable meal.

Can be either home-prepared baby foods or commercially prepared baby foods.

Infant cereal must be iron-fortified, plain and dry.

Do not serve honey or food that contains honey to infants less than one year of age—honey may contain botulinum spores, which can be harmful to infants.

*A SERVING OF THIS COMPONENT(S) IS REQUIRED WHEN THE INFANT IS DEVELOPMENTALLY READY TO ACCEPT IT.

- Breastmilk or formula or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
- Infant formula and dry infant cereal must be iron-fortified.
- Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- A serving of grains must be whole grain, whole-grain rich, enriched meal, or enriched flour.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams of sucrose and other sugars per 100 grams of dry cereal).
- Fruit and vegetable juices must not be served.



UPDATED OCTOBER 2017