

# Child and Adult Care Food Program



Ages:

Birth through 5 months

6 through 11 months

## Breakfast

Breast Milk or Formula

4-6 fluid ounces

6-8 fluid ounces; and

Fruit or Vegetable or combination

0-2 Tbsp.; and

Grain or

Meat/Meat Alternate or combination

0-1/2 Oz. Eq. infant cereal,  
0-4 Tbsp. meat, fish, poultry, whole  
egg, cooked dry beans or peas; or  
0-2 ounces cheese; or 0-4 ounces  
(volume) cottage cheese; or 0-4  
ounces yogurt or a combination

## Lunch/Supper

Breast Milk or Formula

4-6 fluid ounces

6-8 fluid ounces; and

Fruit or Vegetable or combination

0-2 Tbsp.; and

Grain or

Meat/Meat Alternate or combination

0-1/2 Oz. Eq. infant cereal,  
0-4 Tbsp. meat, fish, poultry, whole  
egg, cooked dry beans or peas; or  
0-2 ounces cheese; or 0-4 ounces  
(volume) cottage cheese; or 0-4  
ounces yogurt or a combination

## Snack

Breast Milk or Formula

4-6 fluid ounces

2-4 fluid ounces; and

Fruit or Vegetable or combination

0-2 Tbsp.; and

Grain

0-1/2 Oz. Eq. bread or 0-1/2 Oz. Eq.  
infant cereal or 0-1/4 Oz. Eq. ready-to-  
eat cereal or 0-1/4 Oz. Eq. crackers