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| Facility/Center Name:      |
| **Infant Meal Pattern (Each bullet is a required component)** | **BREAKFAST/LUNCH/SUPPER** | **SNACK** |
| **0-5 Months** | **0-5 Months** |
| * 4-6 fl. oz. Breastmilk1-3 or iron fortified infant formula1,4
 | * 4-6 fl. oz. Breastmilk1-3 or iron-fortified infant formula1,4
 |
| **6-11 Months** | **6-11 Months** |
| * 6-8 fl. oz. Breastmilk1-3 or iron fortified infant formula1,4
* When developmentally ready6:
	+ 0-4 Tbsp. iron-fortified infant cereal4,8, 0-4 Tbsp. Meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. of cheese; or 0-4 oz. (volume) of cottage cheese; or 0-4 oz. or ½ cup yogurt5; or a combination of the above.
	+ 0-2 Tbsp. vegetable/fruit7 or a combination or both.
 | * 2-4 fl. oz. Breastmilk1-3 or iron-fortified infant formula1,4
* When developmentally ready6:
	+ 0-½ slice of bread8; or 0-2 crackers8; or 0-4 Tbsp. iron-fortified infant cereal4,8, ready-to-eat breakfast cereal8,9.
	+ 0-2 Tbsp. vegetable/fruit7, or combination of both.
 |
| **Meal Type** | **Meal Component** | **Age** | **Day of the Week** |
| **Monday**      | **Tuesday**      | **Wednesday**      | **Thursday**      | **Friday**      |
|  |  |  |  |  |  |  |  |  |  |
| BREAKFAST | Breastmilk1-3 or iron-fortified infant formula1,4 | 0-5 Months | Breastmilk or Iron-fortified infant formula | Breastmilk or Iron-fortified infant formula | Breastmilk or Iron-fortified infant formula | Breastmilk or Iron-fortified infant formula | Breastmilk or Iron-fortified infant formula |
| 6-11 Months |
| Iron-Fortified infant cereal4,6,8 or meat/meat alternate | 6-11 Months |       |       |       |       |       |
| Vegetable/Fruit6,7 |       |       |       |       |       |
|  |  |  |  |  |  |  |  |  |  |
| LUNCH/SUPPER | Breastmilk1-3 or iron-fortified infant formula1,4 | 0-5 Months | Breastmilk or Iron-fortified infant formula | Breastmilk or Iron-fortified infant formula | Breastmilk or Iron-fortified infant formula | Breastmilk or Iron-fortified infant formula | Breastmilk or Iron-fortified infant formula |
| 6-11 Months |
| Iron-Fortified infant cereal4,6,8 or meat/meat alternate |  6-11 Months |       |       |       |       |       |
| Vegetable/Fruit6,7 |       |       |       |       |       |
|  |  |  |  |  |  |  |  |
| SNACK | Breastmilk1-3 or iron-fortified infant formula1,4 | 0-5 Months | Breastmilk or Iron-fortified infant formula | Breastmilk or Iron-fortified infant formula | Breastmilk or Iron-fortified infant formula | Breastmilk or Iron-fortified infant formula | Breastmilk or Iron-fortified infant formula |
| 6-11 Months |
| Grain6,8,9 | 6-11 Months |       |       |       |       |       |
| Vegetable/Fruit 6,7s |       |       |       |       |       |

**Directions**

Enter center/facility name and the corresponding date for each day of the week.

The Infant Weekly Menu Planning Tool may be used by your child care center to assist with meeting the CACFP meal pattern requirements for each meal type. For best use, choose the appropriate food for each row in the table for each day of the week each meal service. Infants must be breastfed on site, provided with expressed breastmilk, or provided iron-fortified infant formula. Follow the superscript, to adhere to all meal pattern requirements.

**1Breastmilk or iron-fortified infant formula:** Breastmilk or iron-fortified infant formula, or portions of both, must be served; it is recommended that breastmilk be served in place of iron-fortified infant formula from birth through 11 months.

**2Breastfeeding On-Site:** In lieu of providing expressed breastmilk, a breastfeeding mother can breastfeed their infant on-site as part of a reimbursable meal. The child care center must document that the infant was breastfed, but documentation of duration and amount is not required.

**3Breastmilk Serving Size:** For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount may be offered, with additional breastmilk offered later if the infant will consume more.

**4Iron-Fortified Infant Formula**: Iron-Fortified infant cereal may NOT be offered in a bottle.

**5Yogurt:** Yogurt must contain no more than 23 grams of total sugars per 6 oz.

**6Introduction of Solids:** A serving of solid foods in each component is required when the infant is developmentally ready to accept it. See the NC CACFP *Provision of Breastmilk or Infant Formula and Solid Foods* form for guidance.

**7Juice:** Vegetable/Fruit juices must not be served

**8Grains:** grains must be whole grain rich, enriched meal, or enriched flour.

**9Breakfast cereal:** Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

**Breastfeeding Benefits North Carolina:** North Carolina CACFP is committed to encouraging and supporting breastfeeding. There are numerous benefits to breastfeeding and the AAP recommends breastmilk as the optional source of nutrients through the first year of life and beyond. Infants who are breastfed have a lower risk of respiratory infections, diarrhea, pneumonia, and ear infections, as well as later asthma, sudden infant death syndrome, obesity, etc. To strengthen CACFP’s support and encouragement of breastfeeding, the updated meal pattern allows providers to be reimbursed for meals when the mother directly breastfeeds her infant at the center of day care home.

of day care home.