

BREAKFAST MEAL PATTERNS Serve Milk, Grains*, Vegetables or Fruit

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Vegetables, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains*	1/2 serving	1/2 serving	1 serving	2 servings

* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

LUNCH & SUPPER MEAL PATTERNS Serve all 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup*
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz	2 oz
Grains	1/2 serving	1/2 serving	1 serving	2 servings

* A serving of milk is not required at supper meals for adults.

SNACK MEAL PATTERNS Serve 2 of the 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	1/2 cup	1 cup	1 cup
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz
Grains	1/2 serving	1/2 serving	1 serving	1 serving

Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains. Refer to USDA FNS Exhibit A for further guidance on grain serving sizes.



AGES BIRTH THROUGH 5 MONTHS

BREAKFAST, SNACK, LUNCH & SUPPER MEAL PATTERNS

Milk	4-6 oz	breastmilk ¹ or formula ²
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AGES 6 MONTHS THROUGH 11 MONTHS

BREAKFAST, LUNCH & SUPPER MEAL PATTERNS

Milk	6-8 oz	breastmilk ¹ or formula ²
Grains/ Meat/Meat Alternates	0-4 tbs	infant cereal ^{2,3} , meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas <i>or</i>
	0-2 oz	cheese <i>or</i>
	0-4 oz	cottage cheese or yogurt ⁴ <i>or</i>
	0-4 oz	a combination of the above ⁵
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both ^{5,6}

SNACK MEAL PATTERNS

Milk	2-4 oz	breastmilk ¹ or formula ²
Grains	0-1/2	slice bread ^{3,7} <i>or</i>
	0-2	crackers ^{3,7} <i>or</i>
	0-4 tbs	infant cereal ^{2,3,7} or ready-to-eat breakfast cereal ^{3,5,7,8}
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both ^{5,6}

¹ 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.

² Infant formula and dry infant cereal must be iron-fortified.

³ Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶ Fruit and vegetable juices must not be served.

⁷ A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

Only breastmilk or formula is required in the CACFP until infants are developmentally ready to accept other foods.



Infant & Toddler Nutrition Resources

Sample Infant Cycle Menu



Here is a sample cycle menu for infants, 6 months to 11 months old, to help you plan your calendar with credible resources that meet the New Mexico Patterns guidelines.

	8-5 MONTHS	6-11 MONTHS	MONDAY Day 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5
BREAKFAST	6-8 a.m.	6-8 a.m.	Milk Breastmilk or Formula	Breastmilk or Formula Breastmilk or Formula	Breastmilk or Formula Breastmilk or Formula	Breastmilk or Formula Breastmilk or Formula	Breastmilk or Formula Breastmilk or Formula
	9-10 a.m.	9-10 a.m.	Fruit/Vegetable Mashed Banana	Mashed or Cubed Avocado	Applesauce	Pureed Mangoes	Pureed Peaches
	1-4 p.m.	1-4 p.m.	Grain/Meat Infants Rice Cereal	Strawberry/Green Beans	Infants Rice Cereal	Infants Oatmeal	Plain Yogurt
LUNCH	1-4 p.m.	1-4 p.m.	Milk Breastmilk or Formula	Breastmilk or Formula Breastmilk or Formula	Breastmilk or Formula Breastmilk or Formula	Breastmilk or Formula Breastmilk or Formula	Breastmilk or Formula Breastmilk or Formula
	2-4 p.m.	2-4 p.m.	Fruit / Vegetable Mashed Fruit	Mashed Cauliflower	Mashed Green Beans	Pureed Peas	Mashed Peas
	4-6 a.m.	4-6 a.m.	Grain/Meat Finely Chopped Chicken	Infants Rice Cereal	Finely Chopped Turkey	Infants Rice Cereal	Cheddar Cheese
DINNER	6-8 p.m.	2-4 p.m.	Milk Breastmilk or Formula	Breastmilk or Formula Breastmilk or Formula	Breastmilk or Formula Breastmilk or Formula	Breastmilk or Formula Breastmilk or Formula	Breastmilk or Formula Breastmilk or Formula
	9-10 p.m.	9-10 p.m.	Fruit / Vegetable Seedless Watermelon	Mashed Sweet Potato	Mashed Fruit	Mashed Zucchini	Mashed Zucchini
	1-4 a.m.	1-4 a.m.	Grain/Meat Teething Biscuits	Puffed Cereal	Crackers	Teething Biscuits	Crackers

All foods are subject to the individual infant and their own developmental readiness to consume that food item.

Important

- Breastmilk or formula, or portion 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 of the infant's wake consumer meals.
- Infant formula and dry infant cereal must be iron-fortified.
- Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grain.
- A serving of grain must be 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 2.1 grams sucrose and other sugars per 100 grams of dry cereal).
- Fruit and vegetable juices must be served.



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Available Online



Stages of Infant Development and Feeding Skills (healthy, full-term) developmental milestones are used as markers to ensure that infants and toddlers are growing in a healthy direction. During early years, a child's relationship with food is crucial for his or her health and progress. Learning the physical stages that relate to feeding is important to understanding this

BIRTH - 3 MONTHS	4 - 6 MONTHS	5 - 9 MONTHS	8 - 11 MONTHS	10 - 12 MONTHS
Reflexes: <ul style="list-style-type: none"> Suck/swallow Tongue thrust Gag 	<ul style="list-style-type: none"> Gag and tongue thrust reflex starts to disappear. May sit without support. Uses tongue to transfer food from front to back to swallow. 	<ul style="list-style-type: none"> Begins closure of food positioning in mouth. Follows food with eyes. Begins introduction to solid foods in 6-months. Drinks small amounts from cup with help. Drinks to feed self. 	<ul style="list-style-type: none"> Moves food side to side in mouth. Begins to use jaw and tongue to crush and chew food in rotating patterns. Begins to curl up around rim of cup. Begins to eat without support. Begins to use fingers to pick up objects (pincer grasp). Can put food in mouth with hands and feed self finger foods. Drinks from cup with help (spilling). Uses words or sounds for specific foods. 	<ul style="list-style-type: none"> Reaches chewing & finger skills. Begins to feed self with spoon. Dips food with spoon rather than scoop. Begins to hold cup with two hands. Drinks from straw. Good hand-eye-mouth coordination. Begins using chopped foods and small pieces of table food. Begins through a variety of textured food. Hunger cues: <ul style="list-style-type: none"> Uses words or sounds for specific foods.
<ul style="list-style-type: none"> Brings hands to mouth and sucking 3-5 minutes. Coordinates sucking-swallowing while feeding. 	<ul style="list-style-type: none"> Recognizes spoon and opens mouth. Draws in upper and lower lip as spoon is removed from mouth. Good hand/eye coordination and can sit with support. Introduction to pureed and strained foods without chewing. 	<ul style="list-style-type: none"> Transfers food from one hand to another. Trips to grasp foods, such as crackers and leafy vegetables. Begins to eat ground or finely chopped food and small pieces of soft food. 	<ul style="list-style-type: none"> Can put food in mouth with hands and feed self finger foods. Drinks from cup with help (spilling). Uses words or sounds for specific foods. 	<ul style="list-style-type: none"> Dips food with spoon rather than scoop. Begins to hold cup with two hands. Drinks from straw. Good hand-eye-mouth coordination. Begins using chopped foods and small pieces of table food. Begins through a variety of textured food. Hunger cues: <ul style="list-style-type: none"> Uses words or sounds for specific foods.
<ul style="list-style-type: none"> Move tongue back and forth to suck. 	<ul style="list-style-type: none"> Hunger cues: <ul style="list-style-type: none"> Wakes and tosses Sucks on fist Fusses or cries Safety cues: <ul style="list-style-type: none"> Sinks lips together Turns head away Decreases or stops sucking Falls asleep or stops nipple use 	<ul style="list-style-type: none"> Hunger cues: <ul style="list-style-type: none"> Fusses or cries Smiles or coos during feeding Mouth head toward spoon Safety cues: <ul style="list-style-type: none"> Turns head away Decreases or stops sucking Sinks tongue out Distraction of surrounding 	<ul style="list-style-type: none"> Hunger cues: <ul style="list-style-type: none"> Reaches for spoon or food Pushes to food Safety cues: <ul style="list-style-type: none"> Eating shows disgust Pushes food away Shakes head and says "No." 	<ul style="list-style-type: none"> Hunger cues: <ul style="list-style-type: none"> Eating shows disgust Pushes food away Safety cues: <ul style="list-style-type: none"> Shakes head and says "No."

Within the first few days of life, an infant has to first learn the coordination of sucking, breathing and swallowing. Next stage is learning tongue control and movement that will eventually lead to chewing. With the introduction of complementary foods at around six months, infants learn how to open their mouths in response to food, start learning opening mouth, bring moving tongue to chew food and then swallowing are all learned skills.

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LECHE...

Parte de un patrón de alimentación saludable

1 The Truth About Pediatric Milk

2 Milk is a healthy part of a child's diet.

3 Drinking milk is an important habit for young children and serves as a source of essential vitamins, protein, and calcium.

Part of a Healthy Eating Pattern

Drinking milk is an important habit for young children and serves as a source of essential vitamins, protein, and calcium. Each cup of milk is rich in essential vitamins and minerals, including calcium and potassium. Milk is a good source of protein, potassium, and iron.

Strong milk delivers more!

- Builds strong bones and teeth
- Protects against infections and helps children grow
- Keeps your child's heart healthy and strong
- Helps your child's immune system and controls
- Reduces the risk of chronic diseases

CACFP Creditable Milk

Drinking milk is an important habit for young children and serves as a source of essential vitamins, protein, and calcium. Each cup of milk is rich in essential vitamins and minerals, including calcium and potassium. Milk is a good source of protein, potassium, and iron.

Use all milk in the same. Drink only milk that all the same essential nutrients found in whole milk, but with less fat. We prefer whole milk.

Not all milk is the same. Drink only milk that all the same essential nutrients found in whole milk, but with less fat. We prefer whole milk.

Use all milk in the same. Drink only milk that all the same essential nutrients found in whole milk, but with less fat. We prefer whole milk.

En Español

Let my A,B,C's become vitamins help me GROW!

Let my A,B,C's become vitamins help me GROW!

Vitamin A helps me see.

Vitamin B gives me energy.

Vitamin C helps me stay healthy.

Vitamin D makes my bones strong.

Vitamin E feeds my brain.

Aa artichoke
artichoke dip

Bb broccoli

Cc corn
corn print

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