

**Maryland State Department of Education  
Child and Adult Care Food Program**



**MEAL PATTERN REQUIREMENTS: INFANTS BIRTH TO 12 MONTHS**

| MEAL  | Birth – 5 Months | 6 – 12 Months      |
|---|------------------|--------------------|
| <b>BREAKFAST, LUNCH OR SUPPER--3 COMPONENTS</b>   |                  |                    |
| 1) Breast Milk or Infant Formula <b>and</b>   | 4 - 6 fluid oz.  | 6 - 8 fluid oz.    |
| 2) Infant Cereal <b>or</b><br>Meat, poultry, egg, fish, cooked dry peas or beans <b>or</b><br>Cheese <b>or</b><br>Cottage cheese <b>or</b><br>Yogurt <b>or</b><br>A combination of the above <b>and</b> |                  | 0 - 4 Tbsp.        |
|   |                  | 0 - 4 Tbsp.        |
|   |                  | 0 - 2 oz.          |
|   |                  | 0 - 4 oz. (volume) |
|   |                  | 0 - 4 oz.          |
| 3) Fruit or vegetable or a combination of both  |                  | 0 - 2 Tbsp.        |
| <b>SNACK--3 COMPONENTS</b>  |                  |                    |
| 1) Breast Milk or Infant Formula <b>and</b>   | 4 - 6 fluid oz.  | 2 - 4 fluid oz.    |
| 2) Infant Cereal <b>or</b><br>Bread <b>or</b><br>Crackers <b>or</b><br>Ready-to-eat breakfast cereal <b>and</b>   |                  | 0 - 4 Tbsp.        |
|   |                  | 0 - ½ slice        |
|   |                  | 0 - 2 pieces       |
|   |                  | 0 - 4 Tbsp.        |
| 3) Vegetable or fruit or a combination of both  |                  | 0 - 2 Tbsp.        |

- Only offer solid foods to infants if they are developmentally ready.
- Infant formula and dry infant cereal must be iron-fortified. The formula must be intended as the sole source of food for normal, healthy infants, and must be served in the liquid state at the manufacturer's recommended dilution.
- Breast milk or formula, or portions of both, may be served; however it is recommended that breast milk be served in place of formula from birth through 11 months.
- For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered with additional breast milk offered if the infant is still hungry.
- Fruit or vegetable juices may not be substituted for the fruit or vegetable requirement.
- Bread or crackers must be made from whole-grain or enriched meal or flour.
- Cereals must contain no more than 6 grams of sugar per dry ounce--see list of creditable cereals.
- Nuts, seeds or nut butters are not allowed as a meat alternate.
- Yogurt may contain no more than 15 grams sugar per 4 oz serving; 23 grams sugar per 6 oz serving; or 30 grams sugar per 8 oz serving.

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Effective October 2017



Center Name: \_\_\_\_\_

Week of: November 15-19, 2021

**Please note:** Babies should be fed when they are hungry and not restricted to a rigid schedule.

| Meal Pattern  | Minimum Requirements |                  | Monday                        | Tuesday                       | Wednesday                     | Thursday                      | Friday                        |
|---|----------------------|------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| <b>BREAKFAST—3 COMPONENTS</b>   | <b>0-5 mo.</b>       | <b>6-12 mo.*</b> |                               |                               |                               |                               |                               |
| Breast milk or iron-fortified formula   | 4-6 oz.              | 6-8 oz.          | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| Iron fortified infant cereal or<br>Meat/poultry/egg/fish/cooked dry peas/beans or<br>Cheese or<br>Cottage cheese or<br>Yogurt | None                 | 0-4 Tbsp.        | Fortified Infant Cereal       | Scrambled Eggs                | Fortified Infant Cereal       | Puree Enriched Banana Muffins | Puree Whole Wheat Pancakes    |
|   | None                 | 0-4 Tbsp.        |                               |                               |                               |                               |                               |
|   | None                 | 0-2 oz.          |                               |                               |                               |                               |                               |
|   | None                 | 0-4 oz (volume)  |                               |                               |                               |                               |                               |
| Vegetable and/or fruit**  | None                 | 0-2 Tbsp.        | Applesauce                    | Puree Peaches                 | Puree Pears                   | Mashed Banana                 |                               |
| <b>SNACK—3 COMPONENTS</b>   | <b>0-5 mo.</b>       | <b>6-12 mo.*</b> |                               |                               |                               |                               |                               |
| Breast milk or iron-fortified formula   | 4-6 oz.              | 2-4 oz.          | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| Iron fortified infant cereal or<br>Bread or<br>Crackers or<br>Ready-to-eat breakfast cereal                                   | None                 | 0-4 Tbsp.        |                               |                               |                               |                               |                               |
|   | None                 | 0 - 1/2 slice    |                               |                               |                               |                               |                               |
|   | None                 | 0-2              |                               |                               |                               |                               |                               |
|   | None                 | 0-4 Tbsp.        |                               |                               |                               |                               |                               |
| Vegetable and/or fruit**  | None                 | 0-2 Tbsp.        |                               |                               |                               |                               |                               |
| <b>LUNCH—3 COMPONENTS</b>   | <b>0-5 mo.</b>       | <b>6-12 mo.*</b> |                               |                               |                               |                               |                               |
| Breast milk or iron-fortified formula   | 4-6 oz.              | 6-8 oz.          | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| Iron fortified infant cereal or<br>Meat/poultry/egg/fish/cooked dry peas/beans or<br>Cheese or<br>Cottage cheese or<br>Yogurt | None                 | 0-4 Tbsp.        |                               |                               |                               |                               | 13                            |
|   | None                 | 0-4 Tbsp.        |                               |                               |                               |                               |                               |
|   | None                 | 0-2 oz.          |                               |                               |                               |                               |                               |
|   | None                 | 0-4 oz (volume)  |                               |                               |                               |                               |                               |
| Vegetable and/or fruit**  | None                 | 0-2 Tbsp.        |                               |                               |                               |                               |                               |

\* Solid food components are required only when the infant is developmentally ready to accept them.

\*\*Juices may not be served in place of fruit/vegetable requirement

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Effective October 2017

Maryland State Department of Education  
 Child and Adult Care Food Program  
**Sample Infant Menu**



**Please note: Babies should be fed when they are hungry and not restricted to a rigid schedule.**

| Meal Pattern  | Minimum Requirements |                  | Monday                       | Tuesday                      | Wednesday                    | Thursday                     | Friday                       |
|---|----------------------|------------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| <b>BREAKFAST—3 COMPONENTS</b>   | <b>0-5 mo.</b>       | <b>6-12 mo.*</b> |                              |                              |                              |                              |                              |
| Breast milk or iron-fortified formula   | 4-6 oz.              | 6-8 oz.          | Breast milk or House formula | Breast milk or House formula | Breast milk or House formula | Breast milk or House formula | Breast milk or House formula |
| Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt | None                 | 0-4 Tbsp.        | Baby rice cereal             | Baby oatmeal                 | Cottage cheese               | Eggs                         | Baby oatmeal                 |
|   | None                 | 0-4 Tbsp.        |                              |                              |                              |                              |                              |
|   | None                 | 0-2 oz.          |                              |                              |                              |                              |                              |
|   | None                 | 0-4 oz (volume)  |                              |                              |                              |                              |                              |
| Vegetable and/or fruit**  | None                 | 0-2 Tbsp.        | Applesauce                   | Mashed banana                | Soft pears                   | Applesauce                   | Peaches                      |
| <b>SNACK—3 COMPONENTS</b>   | <b>0-5 mo.</b>       | <b>6-12 mo.*</b> |                              |                              |                              |                              |                              |
| Breast milk or iron-fortified formula   | 4-6 oz.              | 2-4 oz.          | Breast milk or House formula | Breast milk or House formula | Breast milk or House formula | Breast milk or House formula | Breast milk or House formula |
| Iron fortified infant cereal or Bread or Crackers or Ready-to-eat breakfast cereal                                | None                 | 0-4 Tbsp.        | Crackers                     | Cheerios                     | Teething biscuit             | Baby cereal                  | Toast strips                 |
|   | None                 | 0 - 1/2 slice    |                              |                              |                              |                              |                              |
|   | None                 | 0-2              |                              |                              |                              |                              |                              |
|   | None                 | 0-4 Tbsp.        |                              |                              |                              |                              |                              |
| Vegetable and/or fruit**  | None                 | 0-2 Tbsp.        | Peaches                      | Mashed sweet potato          | Applesauce                   | Mashed carrots               | Mashed banana                |
| <b>LUNCH—3 COMPONENTS</b>   | <b>0-5 mo.</b>       | <b>6-12 mo.*</b> |                              |                              |                              |                              |                              |
| Breast milk or iron-fortified formula   | 4-6 oz.              | 6-8 oz.          | Breast milk or House formula | Breast milk or House formula | Breast milk or House formula | Breast milk or House formula | Breast milk or House formula |
| Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt | None                 | 0-4 Tbsp.        | Baby chicken                 | Eggs                         | Infant cereal                | Yogurt                       | Cottage Cheese               |
|   | None                 | 0-4 Tbsp.        |                              |                              |                              |                              |                              |
|   | None                 | 0-2 oz.          |                              |                              |                              |                              |                              |
|   | None                 | 0-4 oz (volume)  |                              |                              |                              |                              |                              |
| Vegetable and/or fruit**  | None                 | 0-2 Tbsp.        | Squash                       | Mixed vegetables             | Green beans                  | Soft pears                   | Spinach                      |

\* Solid food components are required only when the infant is developmentally ready to accept them.

\*\*Juices may not be served in place of fruit/vegetable requirement.

Commercially prepared baby food may be used, but must only contain a single component. Apple and beet is creditable but sweet potato and chicken is not.

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Effective October 2017

**CHILD AND ADULT CARE FOOD PROGRAM**  
**MEAL PATTERN REQUIREMENTS: CHILDREN 1 – 12 YEARS**



| MEAL   | 1-2 YEARS  | 3-5 YEARS  | 6-12 YEARS   |
|--|--|--|--|
| <b>BREAKFAST—ALL 3 COMPONENTS REQUIRED</b>   |  |  |  |
| 1) Fluid Milk <sup>1</sup>   | ½ cup (4 fl oz)  | ¾ cup (6 fl oz)  | 1 cup (8 fl oz)  |
| 2) Grain <sup>2,3</sup> : Bread or<br>Muffin/pancake/waffle/etc. or<br>Cereal <sup>4</sup>   | ½ slice<br>½ serving (½ oz equiv.)<br>hot: ¼ cup; cold: ¼ cup        | ½ slice<br>½ serving (½ oz equiv.)<br>hot: ¼ cup; cold: ⅓ cup        | 1 slice<br>1 serving (1 oz equiv.)<br>hot: ½ cup; cold: ¾ cup    |
| 3) Vegetable or Fruit or Juice <sup>5</sup>  | ¼ cup  | ½ cup  | ½ cup  |
| <b>SNACK—2 OF 5 COMPONENTS REQUIRED<sup>6</sup></b>  |  |  |  |
| 1) Fluid Milk <sup>1</sup>   | ½ cup (4 fl oz)  | ½ cup (4 fl oz)  | 1 cup (8 fl oz)  |
| 2) Meat/Poultry/Fish/Cheese or<br>Tofu or<br>Egg or<br>Cooked dry beans or peas or<br>Peanut butter/other nut or seed butter or<br>Yogurt <sup>7</sup> | ½ oz<br>1.1 oz (2 Tbsp)<br>½ egg<br>2 Tbsp<br>1 Tbsp<br>2 oz (¼ cup) | ½ oz<br>1.1 oz (2 Tbsp)<br>½ egg<br>2 Tbsp<br>1 Tbsp<br>2 oz (¼ cup) | 1 oz<br>2 oz (¼ cup)<br>½ egg<br>¼ cup<br>2 Tbsp<br>4 oz (½ cup) |
| 3) Grain <sup>2</sup> : Bread/roll/muffin/crackers   | ½ slice (½ oz equiv.)  | ½ slice (½ oz equiv.)  | 1 slice (1 oz equiv.)  |
| 4) Vegetable or Juice <sup>5</sup>   | ½ cup  | ½ cup  | ¾ cup  |
| 5) Fruit or Juice <sup>5</sup>   | ½ cup  | ½ cup  | ¾ cup  |
| <b>LUNCH/SUPPER—ALL 5 COMPONENTS REQUIRED</b>  |  |  |  |
| 1) Fluid Milk <sup>1</sup>   | ½ cup (4 fl oz)  | ¾ cup (6 fl oz)  | 1 cup (8 fl oz)  |
| 2) Meat/Poultry/Fish/Cheese or<br>Egg or<br>Cooked dry beans or peas or<br>Peanut butter/other nut or seed butter or<br>Yogurt <sup>7</sup>            | 1 oz<br>½ egg<br>¼ cup<br>2 Tbsp<br>4 oz (½ cup)                     | 1 ½ oz<br>¾ egg<br>6 Tbsp (¾ cup)<br>3 Tbsp<br>6 oz (¾ cup)          | 2 oz<br>1 egg<br>½ cup<br>4 Tbsp<br>8 oz (1 cup)                 |
| 3) Grain <sup>2</sup> : Bread/roll or<br>Pasta/rice  | ½ slice (½ oz equiv.)<br>¼ cup                                       | ½ slice (½ oz equiv.)<br>¼ cup                                       | 1 slice (1 oz equiv.)<br>½ cup                                   |
| 4) Vegetable   | ⅓ cup (2 Tbsp)   | ¼ cup  | ½ cup  |
| 5) Different Vegetable or Fruit or Juice <sup>5</sup>  | ⅓ cup (2 Tbsp)   | ¼ cup  | ½ cup  |

Children 12 to 24 months must be served whole milk; low-fat (1%) or fat-free (skim) milk is required for children age 2 years and older. Flavored milk must be fat-free and may be served only to children 6-12 years.

<sup>2</sup>At least one grain serving per day must be whole grain-rich; all other servings must be enriched or fortified. Grain-based desserts are not creditable. See Crediting Handbook for details on crediting grains and calculating ounce equivalents.

<sup>3</sup>Meat/meat alternates may be served in place of the grain component at breakfast up to 3 times per week. Some breakfast meats are not creditable or require a CN label/product formulation statement; see Crediting Handbook.

<sup>4</sup>Cereals must contain no more than 6 grams of sugar per dry ounce (28g)—see list of creditable cereals.

<sup>5</sup>Juice may be credited as the fruit or vegetable requirement no more than once per day, and must be 100% juice.

<sup>6</sup>Snack may not consist of only milk and juice.

<sup>7</sup>Yogurt must contain no more than 15 grams sugar per 4 oz serving; 23 grams sugar per 6 oz serving; or 30 grams sugar per 8 oz serving.

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**CHILD AND ADULT CARE FOOD PROGRAM  
WEEKLY MENU PLANNER—CHILDREN 1 TO 12 YEARS**

Week of December 27-31

Year 2021

BAH CATERING AND PERSONALIZED SVCS. LLC

| MEAL REQUIREMENTS  | PORTION SIZES   |  |   | MONDAY                    | TUESDAY            | WEDNESDAY                    | THURSDAY               | FRIDAY                                    |
|--|---|--|---|---------------------------|--------------------|------------------------------|------------------------|---|
|  | Age 1-2   | Age 3-5  | Age 6-12  |                           |                    |                              |                        |   |
| <b>BREAKFAST—ALL 3 COMPONENTS REQUIRED</b>   |   |  |   |                           |                    |                              |                        |   |
| Fluid Milk <sup>1</sup>  | ½ cup   | ¾ cup  | 1 cup   | 1% MILK                   | 1% MILK            | 1% MILK                      | 1% MILK                | 1% MILK                                   |
| Grain/bread/cereal   | ½ slice<br>¼ cup  | ½ slice<br>1/3 cup                                   | 1 slice<br>¾ cup  | Corn Flakes Cereal        | Cream of Wheat     | Bagel with Cream Cheese      | Blueberry Muffins      | Pancakes                                  |
| Fruit or vegetable   | ¼ cup   | ½ cup  | ½ cup   | Orange Juice              | Tropical Fruit     | Bananas                      | Applesauce             | 100% Grape Juice                          |
| <b>SNACK – 2 OF THE 5 COMPONENTS REQUIRED</b>  |   |  |   |                           |                    |                              |                        |   |
| Fluid Milk <sup>1,2</sup>  | ½ cup   | ½ cup  | 1 cup   | 1% MILK                   |                    | 1% MILK                      | 1% MILK                | 1% MILK                                   |
| Meat/poultry/fish/cheese or Tofu or Large egg or Dried beans/peas or Peanut butter or Yogurt | ½ oz<br>2 Tbsp (1.1 oz)<br>½<br>2 Tbsp<br>1 Tbsp<br>¼ cup | ½ oz<br>2 Tbsp<br>½<br>2 Tbsp<br>1 Tbsp<br>¼ cup     | 1 oz<br>¼ cup (2.2 oz)<br>½<br>¼ cup<br>2 Tbsp<br>½ cup |                           |                    |                              | Cheese Sticks          |   |
| Grain/bread/cereal   | ½ slice<br>¼ cup  | ½ slice<br>1/3 cup                                   | 1 slice<br>¾ cup  | Whole Wheat Pretzels      | Caramel Rice Cakes |                              |                        |   |
| Vegetable  | ½ cup   | ½ cup  | ¾ cup   |                           |                    |                              |                        | Carrot Sticks                             |
| Fruit  | ½ cup   | ½ cup  | ¾ cup   |                           | Apple Juice        | Oranges                      |                        |   |
| <b>LUNCH or SUPPER—ALL 5 COMPONENTS REQUIRED</b>   |   |  |   |                           |                    |                              |                        |   |
| Fluid Milk <sup>1</sup>  | ½ cup   | ¾ cup  | 1 cup   | 1% MILK                   | 1% MILK            | 1% MILK                      | 1% MILK                | 1% MILK                                   |
| Meat/poultry/fish/cheese or Tofu or Large egg or Dried beans/peas or Peanut butter or Yogurt | 1 oz<br>¼ cup (2.2 oz)<br>½<br>¼ cup<br>2 Tbsp<br>½ cup   | 1 ½ oz<br>3/8 cup<br>¾<br>3/8 cup<br>3 Tbsp<br>¾ cup | 2 oz<br>½ cup (4.4 oz)<br>1<br>½ cup<br>4 Tbsp<br>1 cup | Beef Sheppard's Pie       | Turkey Meatloaf    | Turkey Ham with Mac & Cheese | Chicken Nuggets        | Ground Beef in Spaghetti Sauce and Cheese |
| Vegetable  | 1/8 cup (2 Tbsp)  | ¼ cup  | ½ cup   | Mashed Potatoes & Veggies | Collard Greens     | Sweet Potatoes               | French Fries           | Caesar Salad                              |
| Different Vegetable or Fruit or 100% Juice   | 1/8 cup (2 Tbsp)  | ¼ cup  | ¼ cup   | Pears                     | Mandarin Oranges   | Pineapples                   | Cantelope Chunks       | Peaches                                   |
| Grain/bread/pasta/rice   | ½ slice<br>¼ cup  | ½ slice<br>¼ cup                                     | 1 slice<br>½ cup  | 100% Whole Wheat Bread    | Brown Rice         | 100% Whole Wheat Mac Noodles | 100% Whole Wheat Bread | 100% Wheat Ziti Noodles                   |

<sup>1</sup>Children 12-24 months must receive whole milk; children age two and over must receive low-fat (1%) or fat-free (skim) milk.

<sup>2</sup>Juice may not be served when milk is the only other component served at snack.

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