OHIO CACFP INFANT MEAL PATTERN		
BREAKFAST		
Birth Through 3 Months	4 Through 7 Months	8 Through 11 Months
4-6 fluid ounces of formula ¹ or breastmilk ^{2,3}	4-8 fluid ounces of formula ¹ or breastmilk ^{2,3} ; and 0-3 tablespoons Infant cereal ^{1,4}	6-8 fluid ounces of formula ¹ or breastmilk ^{2,3} and 2-4 tablespoons of infant cereal ¹ ; and 1-4 tablespoons of fruit or vegetable or both
LUNCH OR SUPPER		
Birth Through 3 Months	4 Through 7 Months	8 Through 11 Months
4-6 fluid ounces of formula ¹ or breastmilk ^{2,3}	4-8 fluid ounces of formula ¹ or breastmilk ^{2,3} ; and 0-3 tablespoons of infant cereal ^{1,4} ; and 0-3 tablespoons of fruit or vegetable or both ⁴	6-8 fluid ounces of formula ¹ or breastmilk ^{2,3} ; and 2-4 Tablespoons infant cereal ¹ ; and/or 1-4 Tablespoons meat, fish, poultry, egg yolk, cooked dry beans or peas; or 1/2-2 ounces cheese; or 1-4 ounces (volume) of cottage cheese; or 1-4 ounces (weight) of cheese food, or cheese spread; and 1-4 tablespoons of fruit or vegetable or both
SUPPLEMENT		
Birth Through 3 Months	4 Through 7 Months	8 Through 11 Months
4-6 fluid ounces of formula ¹ or breastmilk ^{2,3}	4-6 fluid ounces of formula ¹ or breastmilk ^{2,3}	2-4 fluid ounces formula ¹ , breastmilk ^{2, 3} or fruit juice ⁵ ; and 0-½ bread ^{4, 6} or 0-2 crackers ^{4, 6}

¹ Infant formula and dry instant cereal must be iron-fortified.

Breastmilk or formula, or portions of both, may be served; however it is recommended that breastmilk be served in place of formula from birth through 11 months

Fruit juice must be full-strength.

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 if the infant is still hungry.

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

A serving of this component must be made from whole-grain or enriched meal or flour.