



# Infant Meal Pattern

Meal	Birth through 5 months	6 through 11 months
<b>Breakfast, Lunch, Supper</b>	4-6 fluid oz breastmilk <sup>1</sup> or iron-fortified infant formula	6-8 fluid oz breastmilk <sup>1</sup> or iron-fortified infant formula AND <sup>2</sup> <ul style="list-style-type: none"> <li>• 0-4 tbsp iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans, cooked dry peas OR</li> <li>• 0-2 oz cheese OR</li> <li>• 0-1/2 cup cottage cheese OR</li> <li>• 0-4 oz (volume) or 0-1/2 cup yogurt<sup>3</sup> OR</li> <li>• A combination of the above</li> </ul> AND <sup>2</sup> <ul style="list-style-type: none"> <li>• 0-2 tbsp vegetable or fruit or a combination of both<sup>4</sup></li> </ul>
<b>Snack</b>	4-6 fluid oz breastmilk <sup>1</sup> or iron-fortified infant formula	2-4 fluid oz breastmilk <sup>1</sup> or iron-fortified infant formula AND <sup>2</sup> <ul style="list-style-type: none"> <li>• 0-1/2 oz eq bread<sup>5</sup> OR</li> <li>• 0-2 crackers<sup>5</sup> OR</li> <li>• 0-4 tbsp iron-fortified infant cereal<sup>5</sup> OR</li> <li>• 0-4 tbsp ready-to-eat breakfast cereal<sup>5,6</sup></li> </ul> AND <sup>2</sup> <ul style="list-style-type: none"> <li>• 0-2 tbsp vegetable or fruit or a combination of both<sup>4</sup></li> </ul>

<sup>1</sup>Breastfeeding on site is creditable as part of a reimbursable meal or snack.  
<sup>2</sup>Foods from the following components are required when developmentally ready.  
<sup>3</sup>Yogurt must contain no more than 23 grams of sugar per 6 ounces.  
<sup>4</sup>Juice is not creditable for infants.  
<sup>5</sup>A serving of grains must be whole grain-rich, enriched meal, or enriched flour.  
<sup>6</sup>Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

Effective 10/1/2019