



Infant Meal Pattern

Meal	Birth through 5 months	6 through 11 months
Breakfast, Lunch, Supper	4-6 fluid oz breastmilk ¹ or iron-fortified infant formula	6-8 fluid oz breastmilk ¹ or iron-fortified infant formula AND ² <ul style="list-style-type: none"> • 0-4 tbsp iron-fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans, cooked dry peas OR • 0-2 oz cheese OR • 0-1/2 cup cottage cheese OR • 0-4 oz (volume) or 0-1/2 cup yogurt³ OR • A combination of the above AND ² <ul style="list-style-type: none"> • 0-2 tbsp vegetable or fruit or a combination of both⁴
Snack	4-6 fluid oz breastmilk ¹ or iron-fortified infant formula	2-4 fluid oz breastmilk ¹ or iron-fortified infant formula AND ² <ul style="list-style-type: none"> • 0-1/2 oz eq bread⁵ OR • 0-2 crackers⁵ OR • 0-4 tbsp iron-fortified infant cereal⁵ OR • 0-4 tbsp ready-to-eat breakfast cereal^{5,6} AND ² <ul style="list-style-type: none"> • 0-2 tbsp vegetable or fruit or a combination of both⁴

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

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