

INFANT MEAL PATTERN	
Breakfast, Lunch and Supper	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ <i>or</i> formula ²	6-8 fluid ounces breastmilk ¹ <i>or</i> formula ² ; <i>and</i> 0-4 tablespoons infant cereal ^{2,3} meat, fish, poultry, whole egg, cooked dry beans, cooked dry peas; <i>or</i> 0-2 ounces of cheese; <i>or</i> 0-4 ounces (volume) of cottage cheese; <i>or</i> 0-4 ounces or 1/2 cup of yogurt ⁴ ; <i>or</i> a combination of the above ⁵ ; <i>and</i> 0-2 tablespoons vegetable or fruit <i>or</i> a combination of both ^{5,6}

INFANT MEAL PATTERN	
Snack	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ <i>or</i> formula ²	2-4 fluid ounces breastmilk ¹ <i>or</i> formula ² ; <i>and</i> 0-½ slice bread ^{3,4} ; <i>or</i> 0-2 crackers ^{3,4} ; <i>or</i> 0-4 tablespoons infant cereal ^{2,3,4} <i>or</i> ready-to-eat breakfast cereal ^{3,4,5,6} ; <i>and</i> 0-2 tablespoons vegetable <i>or</i> fruit, <i>or</i> a combination of both ^{6,7}

Breakfast, Lunch, Supper, and Snack

¹Breastmilk 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.

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

³Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

Breakfast, Lunch and Supper

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

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

⁶Fruit and vegetable juices must not be served.

Snack

⁴A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁵Breakfast 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).

⁶A serving of this component is required when the infant is developmentally ready to accept it.

⁷Fruit and vegetable juices must not be served.