



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 breastmilk¹ or iron-fortified infant formula AND² • 0-$\frac{1}{2}$ oz eq iron-fortified infant cereal³ OR • 0-4 Tbsp meat, fish, poultry, whole egg, cooked dry beans, peas and lentils OR • 0-2 oz cheese OR • 0-4 oz (volume) or 0-$\frac{1}{2}$ cup cottage cheese OR • 0-4 oz (volume) or 0-$\frac{1}{2}$ cup yogurt⁴ OR • A combination of the above AND² • 0-2 Tbsp vegetable or fruit or a combination of both⁵
Snack	4-6 fluid oz breastmilk ¹ or iron-fortified infant formula	2-4 fluid oz breastmilk¹ or iron-fortified infant formula; AND² • 0-$\frac{1}{2}$ oz eq bread/bread-like items^{3,6} OR • 0-$\frac{1}{4}$ oz eq crackers^{3,6} OR • 0-$\frac{1}{2}$ oz eq iron-fortified infant cereal³ OR • 0-$\frac{1}{4}$ oz eq ready-to-eat breakfast cereal^{3,6,7} AND² • 0-2 tbsp vegetable or fruit or a combination of both⁵

¹ Breastfeeding on site is creditable as part of a reimbursable meal or snack.

² Foods from the following components are required when developmentally ready.

³ Sponsors and sites serving primarily American Indian or Alaska Native participants can substitute any vegetable for the grain requirement — $\frac{1}{4}$ cup vegetables equals $\frac{1}{2}$ oz eq grains. An additional vegetable or fruit must be served to meet the vegetable or fruit requirement.

⁴ Yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

⁵ Juice is not creditable for infants.

⁶ A serving of grains must be whole grain-rich, enriched, or fortified.

⁷ Breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.