









INFANT BREAKFAST, LUNCH, SUPPER MEAL PATTERN


BREASTMILK AND/OR FORMULA

Breastmilk and/or Formula	Birth – 5 Months	6-11 Months
 <p>Breastmilk and/or Formula</p>	4-6 Fluid Ounces	6-8 Fluid Ounces

MEAT/MEAT ALTERNATE

Meat/Meat Alternate	Birth – 5 Months	6-11 Months
 <p>Infant Cereal</p>	Introduce when developmentally ready	0-4 Tbsp
 <p>Meat, Fish, Poultry, Whole Egg, Dry Beans or Peas</p>	Introduce when developmentally ready	0-4 Tbsp
 <p>Cheese</p>	Introduce when developmentally ready	0-2 Ounces
 <p>Cottage Cheese</p>	Introduce when developmentally ready	0-4 Ounces
 <p>Yogurt</p>	Introduce when developmentally ready	0-4 Ounces or ½ Cup Yogurt

VEGETABLES AND FRUITS

Vegetables and Fruits	Birth – 5 Months	6-11 Months
 <p>Vegetable, Fruit, or Combination of Both</p>	Introduce when developmentally ready	0-2 Tbsp


REMEMBER

- Breastmilk, formula, or portions of both must be served
- For breastfeed infants that regularly consume less than the minimum amount can be offered less than the required serving, with more offered later if the infant will consume it
- Infant formula and dry infant cereal must be iron-fortified
- Yogurt must contain no more than 23 grams of sugar per 6 ounces
- Fruit and vegetable juices must not be served





This institution is an equal opportunity provider.

INFANT SNACK MEAL PATTERN


BREASTMILK AND/OR FORMULA

Breastmilk and/or Formula	Birth – 5 Months	6-11 Months
 Breastmilk and/or Formula	4-6 Fluid Ounces	6-8 Fluid Ounces

GRAINS

Grains	Birth – 5 Months	6-11 Months
 Infant Cereal	Introduce when developmentally ready	0-4 Tbsp
 Bread	Introduce when developmentally ready	0 – ½ Slice
 Crackers	Introduce when developmentally ready	0 – 2 Crackers
 Ready-to-Eat Breakfast Cereal	Introduce when developmentally ready	0-4 Tbsp

VEGETABLE AND FRUITS

Vegetables and Fruits	Birth – 5 Months	6-11 Months
 Vegetable, Fruit, or Combination of Both	Introduce when developmentally ready	0-2 Tbsp

REMEMBER

- Breastmilk, formula, or portions of both must be served
- For breastfeed infants that regularly consume less than the minimum amount can be offered less than the required serving, with more offered later if the infant will consume it
- Infant formula and dry infant cereal must be iron-fortified
- Components must be added when the infant is developmentally ready to accept it
- Fruit and vegetable juices must not be served
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce
- Grains must be whole grain-rich, enriched meal, or enriched flour