

# Infant Meal Pattern

United States Department of Agriculture requirements (for all Child Nutrition Programs\*) for serving reimbursable meals to infants.

Meal	Birth to 3 months	Ages 4 to 7 months	Ages 8 to 11 months
Breakfast	<ul style="list-style-type: none"> <li>4 to 6 fl oz. breast milk<sup>1,2,3</sup> or formula<sup>1,4</sup></li> </ul>	<ul style="list-style-type: none"> <li>4 to 8 fl oz. breast milk<sup>1,2,3</sup> or formula<sup>1,4</sup></li> <li>0 to 3 Tbsp. infant cereal<sup>4,5</sup></li> </ul>	<ul style="list-style-type: none"> <li>6 to 8 fl oz. breast milk<sup>1,2,3</sup> or formula<sup>1,4</sup></li> <li>2 to 4 Tbsp. infant cereal<sup>4</sup></li> <li>1 to 4 Tbsp. fruit and/or vegetable</li> </ul>
Lunch or Supper	<ul style="list-style-type: none"> <li>4 to 6 fl oz. breast milk<sup>1,2,3</sup> or formula<sup>1,4</sup></li> </ul>	<ul style="list-style-type: none"> <li>4 to 8 fl oz. breast milk<sup>1,2,3</sup> or formula<sup>1,4</sup></li> <li>0 to 3 Tbsp. infant cereal<sup>4,5</sup></li> <li>0 to 3 Tbsp. fruit and/or vegetable<sup>5</sup></li> </ul>	<ul style="list-style-type: none"> <li>6 to 8 fl oz. breast milk<sup>1,2,3</sup> or formula<sup>1,4</sup></li> <li>2 to 4 Tbsp. infant cereal<sup>4</sup> and/or 1 to 4 Tbsp. lean meat, fish, poultry, egg yolk, cooked dry beans or peas or 0.5 to 2 oz. cheese or 1 to 4 oz. (volume) cottage cheese or 1 to 4 oz. (weight) cheese food or cheese spread</li> <li>1 to 4 Tbsp. fruit and/or vegetable</li> </ul>
AM or PM snack	<ul style="list-style-type: none"> <li>4 to 6 fl oz. breast milk<sup>1,2,3</sup> or formula<sup>1,4</sup></li> </ul>	<ul style="list-style-type: none"> <li>4 to 6 fl oz. breast milk<sup>1,2,3</sup> or formula<sup>1,4</sup></li> </ul>	<ul style="list-style-type: none"> <li>2 to 4 fl oz. breast milk<sup>1,2,3</sup>, formula<sup>1,4</sup>, or fruit juice<sup>6</sup></li> <li>0 to 1/2 slice of bread<sup>5,7</sup> or 0 to 2 crackers<sup>5,7</sup></li> </ul>

<sup>1</sup>Breast milk or formula, or portions of both, may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months.

<sup>2</sup>For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.

<sup>3</sup>Only the infant's mother can provide breast milk.

<sup>4</sup>Infant formula and dry infant cereal must be iron fortified.

<sup>5</sup>A serving of this component is required only when the infant is developmentally ready to accept it.

<sup>6</sup>Fruit juice must be full strength (100% juice) and offered from a cup, not a bottle, to prevent tooth decay.

<sup>7</sup>Must be made from whole grain or enriched meal or flour.

## \*Child and Adult Care Food Program

- Child Care Center and Day Care Home Sponsors may claim reimbursement for up to two meals and one snack or two snacks and one meal per infant per day.