




















INFANT MEAL PATTERN

4/2019

BREAKFAST, LUNCH, SUPPER	0-5 MONTHS	6 MONTHS TO 1 ST BIRTHDAY
Breast Milk ¹ or Iron Fortified Formula ² Or portions of both 	4-6 ounces	6-8 ounces
Vegetables or Fruits ^{4,5} (no juice) 	Not required for this age group.	0-2 Tbsp. Vegetable or Fruit or both
Meat or Meat Alternate (choose one) ⁴ <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;">  <p>Dry infant cereal²</p> </div> <div style="text-align: center;">  <p>Cooked dry peas (lentils)</p> </div> <div style="text-align: center;">  <p>Meat</p> </div> <div style="text-align: center;">  <p>Cooked dry beans</p> </div> <div style="text-align: center;">  <p>Fish</p> </div> <div style="text-align: center;">  <p>Cheese</p> </div> <div style="text-align: center;">  <p>Poultry</p> </div> <div style="text-align: center;">  <p>Cottage cheese</p> </div> <div style="text-align: center;">  <p>Whole egg</p> </div> <div style="text-align: center;">  <p>Yogurt³</p> </div> </div>		Choose at least one of the following: 0-4 Tbsp of: <ul style="list-style-type: none"> • Dry infant cereal • Meat • Fish • Poultry • Whole egg • Cooked dry peas • Cooked dry beans OR <ul style="list-style-type: none"> • 0-2 ounces cheese • 0-4 ounces cottage cheese • 0-4 ounces dairy yogurt (1 oz = 2 Tbsp) (4oz = 1/2 c)
SNACK		0-5 MONTHS
Breast Milk ¹ or Iron Fortified Formula ² Or portions of both 	4-6 ounces	2-4 ounces
Vegetable or Fruit ^{5,6} (no juice) 	Not required for this age group.	0-2 Tbsp Vegetable or Fruit or both
Bread or Crackers, Dry infant cereal ² or Ready-to-eat cereal ^{3,4,5} <div style="display: flex; justify-content: space-around; text-align: center;"> <div> Bread</div> <div> Cracker</div> <div> Dry infant cereal</div> <div> Ready-to-eat cereal</div> </div>		Choose one: <ul style="list-style-type: none"> • 0 - ½ slice of bread • 0-2 crackers • 0 - 4 Tbsp (1/4 c) dry infant cereal or ready-to-eat breakfast cereal
SEE REVERSE FOR SUPERScript EXPLANATIONS 		

BREAKFAST, LUNCH, SUPPER

¹ Breastmilk 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.

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

³ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁴ A serving of this component is required when the infant is developmentally ready to accept it.

⁵ Fruit and vegetable juices must not be served.

SNACK

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

³ A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁴ Breakfast 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).

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

⁶ Fruit and vegetable juices must not be served.