

USDA Child Nutrition Programs *

Infant Meal Pattern

Meal	Birth to 3 months	Ages 4 to 7 months	Ages 8 to 11 months
Breakfast	4 to 6 fl oz. breast milk ^{1,2,3} or formula ^{1,4}	4 to 8 fl oz. breast milk ^{1,2,3} or formula ^{1,4} 0 to 3 Tbsp. infant cereal ^{4,5}	6 to 8 fl oz. breast milk ^{1,2,3} or formula ^{1,4} 2 to 4 Tbsp. infant cereal ⁴ 1 to 4 Tbsp. fruit and/or vegetable
Lunch or Supper	4 to 6 fl oz. breast milk ^{1,2,3} or formula ^{1,4}	4 to 8 fl oz. breast milk ^{1,2,3} or formula ^{1,4} 0 to 3 Tbsp. infant cereal ^{4,5} 0 to 3 Tbsp. fruit and/or vegetable ⁵	6 to 8 fl oz. breast milk ^{1,2,3} or formula ^{1,4} 2 to 4 Tbsp. infant cereal ⁴ 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 1 to 4 Tbsp. fruit and/or vegetable
AM or PM snack	4 to 6 fl oz. breast milk ^{1,2,3} or formula ^{1,4}	4 to 6 fl oz. breast milk ^{1,2,3} or formula ^{1,4}	2 to 4 fl oz. breast milk ^{1,2,3} , formula ^{1,4} , or fruit juice ⁶ 0 to 1/2 slice of bread ^{5,7} or 0 to 2 crackers ^{5,7}

¹Breast 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.

²For 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.

³Only the infant's mother can provide breast milk.

⁴Infant formula and dry infant cereal must be iron fortified.

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

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

⁷Must be made from whole grain or enriched meal or flour.

* Child Care Food Program Sponsors may claim reimbursement for up to two meals and one snack or two snacks and one meal per infant per day.