

Month: _____ Year: _____

Infant Meal Pattern Components & Requirements		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast						
Breastmilk ¹ or Formula ² (4-6 fl oz) indicate brand/type if formula	0 - 5 months					
Breastmilk ¹ or Formula ² (6-8 fl oz) indicate brand/type if formula	6 - 11 months					
0-4 tablespoon of infant cereal ^{2,3} , meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 oz of cheese; or 0-4 oz (volume) of cottage cheese; or 0-8 oz or 1 cup of yogurt ⁴ ; or a combination of the above ⁵						
Vegetable or Fruit or Both ^{5,6} (0-2 tablespoons)						
Lunch						
Breastmilk ¹ or Formula ² (4-6 fl oz) indicate brand/type if formula	0 - 5 months					
Breastmilk ¹ or Formula ² (6-8 fl oz) indicate brand/type if formula	6 - 11 months					
0-4 tablespoon of infant cereal ^{2,3} , meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 oz of cheese; or 0-4 oz (volume) of cottage cheese; or 0-8 oz or 1 cup of yogurt ⁴ ; or a combination of the above ⁵						
Vegetable or Fruit or Both ^{5,6} (0-2 tablespoons)						
Snack						
Breastmilk ¹ or Formula ² (4-6 fl oz) indicate brand/type if formula	0 - 5 months					
Breastmilk ¹ or Formula ² (2-4 fl oz) indicate brand/type if formula	6 - 11 months					
0-1/2 slice bread ^{3,7} ; or 0-2 crackers ^{3,7} ; or 0-4 tablespoons infant cereal ^{2,3,7} ; or ready-to-eat breakfast cereal ^{3,5,7,8}						
Vegetable or Fruit or Both ^{5,6} (0-2 tablespoons)						

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 Ounce equivalents are used to determine the quantity of creditable grains. ⁴ Yogurt must contain no more than 23 grams of total sugars per 6 oz. 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 as part of a reimbursable meal. ⁷ A serving of grains must be whole grain-rich, enriched meal, or enriched flour. ⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).