

## Infant Meal Pattern

<b>Breakfast</b>		
<b><i>Birth through 3 Months</i></b>	<b><i>4 through 7 Months</i></b>	<b><i>8 through 11 Months</i></b>
4-6 fluid ounces of formula <sup>1</sup> or breastmilk <sup>2,3</sup>	4-8 fluid ounces of formula <sup>1</sup> or breastmilk, <sup>2,3</sup>  0-3 tablespoons of infant cereal <sup>1,4</sup>	6-8 fluid ounces of formula <sup>1</sup> or breastmilk, <sup>2,3</sup> and  2-4 tablespoons of infant cereal; <sup>1</sup> and  1-4 tablespoons of fruit or vegetable or both
<p><sup>1</sup> Infant formula and dry infant cereal must be iron-fortified.</p> <p><sup>2</sup> Breastmilk or formula, or portions of both, may be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months.</p> <p><sup>3</sup> 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 if the infant is still hungry.</p> <p><sup>4</sup> A serving of this component is required when the infant is developmentally ready to accept it.</p>		

## Infant Meal Pattern

Lunch or Supper		
<i><b>Birth through 3 Months</b></i>	<i><b>4 through 7 Months</b></i>	<i><b>8 through 11 Months</b></i>
<p>4-6 fluid ounces of formula<sup>1</sup> or breastmilk<sup>2,3</sup></p>	<p>4-8 fluid ounces of formula<sup>1</sup> or breastmilk,<sup>2,3</sup></p> <p>0-3 tablespoons of infant cereal;<sup>1,4</sup> and</p> <p>0-3 tablespoons of fruit or vegetable or both<sup>4</sup></p>	<p>6-8 fluid ounces of formula<sup>1</sup> or breastmilk,<sup>2,3</sup></p> <p>2-4 tablespoons of infant cereal;<sup>1</sup> and/or</p> <p>1-4 tablespoons of meat, fish, poultry, egg yolk, cooked dry beans or peas; or</p> <p>½-2 ounces of cheese; or</p> <p>1-4 ounces (volume) of cottage cheese; or</p> <p>1-4 ounces (weight) of cheese food or cheese spread; and</p> <p>1-4 tablespoons of fruit or vegetable or both</p>
<p><sup>1</sup> Infant formula and dry infant cereal must be iron-fortified.</p> <p><sup>2</sup> Breastmilk or formula, or portions of both, may be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months.</p> <p><sup>3</sup> 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 breast milk may be offered, with additional breastmilk offered if the infant is still hungry.</p> <p><sup>4</sup> A serving of this component is required when the infant is developmentally ready to accept it.</p>		

## Infant Meal Pattern

<b>Snack</b>		
<b><i>Birth through 3 Months</i></b>	<b><i>4 through 7 Months</i></b>	<b><i>8 through 11 Months</i></b>
4-6 fluid ounces of formula <sup>1</sup> or breastmilk <sup>2,3</sup>	4-6 fluid ounces of formula <sup>1</sup> or breastmilk <sup>2,3</sup>	2-4 fluid ounces of formula <sup>1</sup> or breastmilk, <sup>2,3</sup> or fruit juice, <sup>5</sup> and  0-½ bread <sup>4, 6</sup> or  0-2 crackers <sup>4, 6</sup>
<p><sup>1</sup> Infant formula and dry infant cereal must be iron-fortified.</p> <p><sup>2</sup> Breastmilk or formula, or portions of both, may be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months.</p> <p><sup>3</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 breastmilk offered if the infant is still hungry.</p> <p><sup>4</sup> A serving of this component is required when the infant is developmentally ready to accept it.</p> <p><sup>5</sup> Fruit juice must be full-strength.</p> <p><sup>6</sup> A serving of this component must be made from whole-grain or enriched meal or flour.</p>		