



If an infant is less than 12 months old, use this meal pattern. Infants should be fed on demand and should not be restricted to an inflexible feeding schedule.

Food amounts listed in the meal pattern begin with zero (0) because the USDA recognizes that not all infants are developmentally ready to eat solid foods at a specific age. This 0 does not mean serving the food is optional. When an infant, including those younger than six months, is developmentally ready to eat solid foods, programs are required to offer them.

Breakfast, Lunch, and Supper	
Birth through 5 months	6 through 11 months
4-6 fluid ounces of breast milk, iron fortified infant formula, or portions of both.	6-8 fluid ounces breast milk, iron-fortified infant formula, or portions of both <p style="text-align: center;">AND</p> One or more items from the following: <ul style="list-style-type: none"> • 0-4 tablespoons Iron-Fortified Infant Cereal (IFIC). • 0-4 tablespoons meat, fish, poultry, whole eggs, cooked dry beans or cooked dry peas. • 0-2 ounces of cheese. • 0-4 ounces (volume) of cottage cheese or yogurt. <p style="text-align: center;">AND</p> 0-2 tablespoons vegetable, fruit or a combination of both (no juice).
Snack	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breast milk, iron fortified infant formula, or portions of both.	2-4 fluid ounces breast milk, iron fortified infant formula, or portions of both <p style="text-align: center;">AND</p> One or more items from the following: <ul style="list-style-type: none"> • 0-½ slice bread. • 0-2 crackers. • 0-4 tablespoons IFIC or ready-to-eat breakfast cereal. <p style="text-align: center;">AND</p> 0-2 tablespoons vegetable, fruit, or a combination of both (no juice).

Additional Requirements
<ul style="list-style-type: none"> • Breastfed infants who consume less than the minimum amount of breast milk per feeding may be served less than the minimum with additional breast milk offered later if the infant will consume more. • Yogurt must contain no more than 23 grams of total sugars per six ounces. • Grain items are not creditable at breakfast, lunch or supper. Grains can be served in addition to the required infant meal pattern components listed in the table above. Example of grains include: bread, breakfast cereal, oatmeal, pancakes, waffles, etc. Grains served at snack must be whole grain-rich, enriched meal, or enriched flour. • Breakfast cereals served at snack must contain no more than six grams of sugar per dry ounce.