

MEAL PATTERN FOR INFANTS

BREAKFAST	birth through 3 months	4 through 7 months	8 through 11 months
Breast milk or formula Iron fortified infant formula	4 - 6 fluid oz. breast milk or iron fortified infant formula	4 - 8 fluid oz. breast milk or iron fortified infant formula	6 - 8 fluid oz. breast milk or iron fortified infant formula
Infant cereal Iron fortified, dry, plain, infant cereal		0 - 3 Tbsp. (optional)	2 - 4 Tbsp.
Fruit and/or vegetable Plain fruit and/or vegetable only			1 - 4 Tbsp.
SNACK			
Breast milk or formula Iron fortified infant formula	4 - 6 fluid oz. breast milk or iron fortified infant formula	4 - 6 fluid oz. breast milk or iron fortified infant formula	2 - 4 fluid oz. breast milk or iron fortified infant formula, or full strength (100% fruit juice)
Bread or bread alternate Made from whole-grain or enriched meal or flour			0 - ½ slice bread or 1 - 2 crackers (optional)
LUNCH OR SUPPER			
Breast milk or formula Iron fortified infant formula	4 - 6 fluid oz. breast milk or iron fortified infant formula	4 - 8 fluid oz. breast milk or iron fortified infant formula	6 - 8 fluid oz. breast milk or iron fortified infant formula
Infant Cereal Iron fortified, dry, plain infant cereal		0 - 3 Tbsp. (optional)	2 - 4 Tbsp. AND/OR
Meat or meat alternate Plain meat, fish, poultry, egg yolk Cooked dry beans or dry pea or cheese or cottage cheese, cheese food, or cheese spread			1 - 4 Tbsp. OR ½ - 2 oz. OR 1 - 4 oz.
Fruit and/or vegetable Plain fruit and/or vegetable only		0 - 3 Tbsp. (optional)	1 - 4 Tbsp.

Providers are required to offer one type of iron-fortified-infant-formula. Parents may decline formula offered and supply their own iron-fortified-infant-formula. Meals consisting of only parent-supplied infant formula are eligible for reimbursement as long as the caregiver serves the meal.

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