

# Meal Pattern for Infants

## Breakfast, Lunch or Supper

Birth - 5 months

6 - 11 months

4-6 fluid ounces breastmilk  
or iron-fortified infant formula

6-8 fluid ounces breastmilk  
or iron-fortified infant formula; **and**

0-4 Tablespoons iron-fortified infant cereal,  
meat, fish, poultry, whole egg, beans; OR  
0-2 oz. cheese; OR 0-4 oz. cottage cheese; OR  
0-4 oz. (1/2 cup) yogurt<sup>1</sup>, OR  
a combination of the above; **and**

0-2 Tablespoons vegetable or fruit  
or a combination of both<sup>2</sup>

*Note: "0" is not optional, once a child is developmentally ready food is required.*

## Snack

Birth - 5 months

6 - 11 months

4-6 fluid ounces breastmilk  
or iron-fortified infant formula

2-4 fluid ounces breastmilk  
or iron-fortified infant formula; **and**

0-1/2 slice bread; OR 0-2 crackers; OR  
0-4 Tablespoons iron-fortified infant cereal; OR  
ready-to-eat breakfast cereal<sup>3</sup>; **and**

0-2 Tablespoons vegetable or fruit  
or a combination of both<sup>2</sup>

*Note: "0" is not optional, once a child is developmentally ready food is required.*

(1) Yogurt may contain no more than 23 grams of total sugar per 6 ounces. (2) Fruit and vegetable juices are NOT reimbursable on the infant meal pattern. (3) Breakfast cereals must contain no more than 6 grams of total sugar per dry ounce (no more than 21.2 grams sugar per 100 grams of dry ounce cereal).

Providers must offer one type of iron-fortified infant formula (IFIF). Parents may decline formula offered and supply their own IFIF. Meals consisting of only breastmilk or parent-supplied IFIF are eligible for reimbursement as long as the child care provider serves the meal. A mother breastfeeding on site is reimbursable and counts toward a meal or snack. When a child is developmentally ready, parents can continue to supply up to **one** component of a meal or snack (Note: parent-supplied BM or IFIF counts as their one component).

**Developmentally Ready:** Starting around 6 months of age, solid foods may be added as an infant is developmentally ready and after consulting with the parent. There is no single sign that an infant is ready for solid foods but possible signs include: when an infant can sit up in a highchair with good head control, shows an interest in food and/or has doubled his/her birth weight and weighs at least 13 pounds.