

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		When developmentally ready 0 - 3 Tbsp.	2 - 4 Tbsp.
Fruit and/or vegetable Plain fruit and/ or vegetable			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 crackers Made from whole grain or enriched flour			When developmentally ready 0 - 1/2 slice bread, or 0 - 2 crackers
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, OR		When developmentally ready 0 - 3 Tbsp.	2 - 4 Tbsp. OR
Meat or meat alternate Plain meat, fish, poultry, egg yolk Cooked dry beans or dry peas OR			1 - 4 Tbsp. OR
cheese OR			1/2 - 2 oz. OR
cottage cheese			2-4 Tbsp.
cheese food, cheese spread			1 - 4 oz.
Fruit and/or vegetable Plain fruit and/ or vegetable		When developmentally ready 0 - 3 Tbsp.	1 - 4 Tbsp.

Providers are required to offer one type of iron fortified infant formula. Parents may decline the 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. Solid food should be introduced gradually when the infant is developmentally ready and instructed by the parent.

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