

# MEAL PATTERN FOR INFANTS

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