

MEAL PATTERN FOR INFANTS

BREAKFAST, LUNCH OR SUPPER

Birth - 5 months

4-6 fluid oz. breastmilk
or iron fortified infant formula

6 - 11 months

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

0-4 Tbsp iron fortified infant cereal, meat, fish,
poultry, whole egg, beans; OR 0-2 oz. of
cheese; OR 0-4 oz. cottage cheese; OR 0-4 oz
(1/2 cup) yogurt¹, OR a combination of the
above; **and**

0-2 Tbsp vegetable or fruit
or a combination of both²

SNACK

Birth - 5 months

4-6 fluid oz. breastmilk
or iron fortified infant formula

6 - 11 months

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

0-½ slice of bread; OR 0-2 crackers; OR
0-4 Tbsp iron fortified infant cereal OR
ready-to-eat breakfast cereal³; **and**

0-2 Tbsp vegetable or fruit
or a combination of both²

(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).

Starting around 6 months of age, solid foods may be added as an infant is developmentally ready after consulting with the parent. There is no single sign that an infant is developmentally ready but possible signs may be 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.

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 child care provider serves the meal.