

USDA Infant Meal Pattern: Breakfast



Age	Required Items Per Infant Per Breakfast	Notes
Birth through 5 months	<input type="checkbox"/> 4–6 fluid ounces breastmilk or formula	<p>Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.</p> <p>Infant formula and dry infant cereal must be iron-fortified.</p>
6 through 11 months	<input type="checkbox"/> 6–8 fluid ounces breastmilk or formula <input type="checkbox"/> 0–4 tablespoons of one of the following: <ul style="list-style-type: none"> • infant cereal • meat • fish • poultry • whole egg • cooked dry beans • cooked dry peas <p>Or one of the following:</p> <ul style="list-style-type: none"> • 0–2 ounces of cheese • 0–4 ounces (volume) of cottage cheese • 0–4 ounces or ½ cup of yogurt • A combination of the above <input type="checkbox"/> 0–2 tablespoons vegetable or fruit or a combination of both	<p>See note above for breastmilk or formula.</p> <p>Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.</p> <p>Yogurt must contain no more than 23 grams of total sugars per 6 ounces.</p> <p>A serving of this component is required when the infant is developmentally ready to accept it.</p> <p>Fruit and vegetable juices must not be served.</p>

USDA Infant Meal Pattern: Lunch and Supper



Age	Required Items Per Infant Per Lunch and Supper	Notes
Birth through 5 months	<input type="checkbox"/> 4–6 fluid ounces breastmilk or formula	<p>Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.</p> <p>Infant formula and dry infant cereal must be iron-fortified.</p>
6 through 11 months	<input type="checkbox"/> 6–8 fluid ounces breastmilk or formula <input type="checkbox"/> 0–4 tablespoons of one of the following: <ul style="list-style-type: none"> • infant cereal • meat • fish • poultry • whole egg • cooked dry beans • cooked dry peas <p>Or one of the following:</p> <ul style="list-style-type: none"> • 0–2 ounces of cheese • 0–4 ounces (volume) of cottage cheese • 0–4 ounces or ½ cup of yogurt • A combination of the above <input type="checkbox"/> 0–2 tablespoons vegetable or fruit or a combination of both	<p>See note above for breastmilk or formula.</p> <p>Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.</p> <p>Yogurt must contain no more than 23 grams of total sugars per 6 ounces.</p> <p>A serving of this component is required when the infant is developmentally ready to accept it.</p> <p>Fruit and vegetable juices must not be served.</p>

USDA Infant Meal Pattern: Snack



Age	Required Items Per Infant Per Snack	Notes
Birth through 5 months	<input type="checkbox"/> 4–6 fluid ounces breastmilk or formula	<p>Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.</p> <p>Infant formula and dry infant cereal must be iron-fortified.</p>
6 through 11 months	<input type="checkbox"/> 2–4 fluid ounces breastmilk or formula <input type="checkbox"/> One of the following: <ul style="list-style-type: none"> • 0–½ slice bread • 0–2 crackers • 0–4 tablespoons infant cereal or ready-to-eat breakfast cereal <input type="checkbox"/> 0–2 tablespoons vegetable or fruit or a combination of both	<p>See note above for breastmilk or formula.</p> <p>Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.</p> <p>A serving of grains must be whole grain-rich, enriched meal, or enriched flour.</p> <p>Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).</p> <p>A serving of this component is required when the infant is developmentally ready to accept it.</p> <p>Fruit and vegetable juices must not be served.</p>