

Child Care Meal Pattern for Infants

Birth through 3 Months	4 through 7 Months	8 through 11 Months
BREAKFAST		
4 – 6 fluid ounces of formula ¹ or breastmilk ^{2,3}	4 – 8 fluid ounces of formula ¹ or breastmilk ^{2,3} 0 – 3 tablespoons of infant cereal ^{1,4}	6 – 8 fluid ounces of formula ¹ or breastmilk, ^{2,3} and 2 – 4 tablespoons of infant cereal; ¹ and 1 – 4 tablespoons of fruit or vegetable or both
LUNCH or SUPPER		
4 – 6 fluid ounces of formula ¹ or breastmilk ^{2,3}	4 – 8 fluid ounces of formula ¹ or breastmilk, ^{2,3} 0 – 3 tablespoons of infant cereal; ^{1,4} and 0 – 3 tablespoons of fruit or vegetable or both ⁴	6 – 8 fluid ounces of formula ¹ or breastmilk, ^{2,3} 2 – 4 tablespoons of meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½ – 2 ounces of cheese; or 1 – 4 ounces (volume) of cottage cheese; or 1 – 4 ounces (weight) of cheese food or cheese spread; and 1 – 4 tablespoons of fruit or vegetable or both
SUPPLEMENTS		
4 – 6 fluid ounces of formula ¹ or breastmilk ^{2,3}	4 – 6 fluid ounces of formula ¹ or breastmilk ^{2,3}	2 – 4 fluid ounces of formula ¹ or breastmilk, ^{2,3} or fruit juice, ⁵ and 0 – ½ bread ^{4,6} or 0 – 2 crackers ^{4,6}

Reference: http://www.fns.usda.gov/sites/default/files/Infant_Meals.pdf

¹ Infant formula and dry infant cereal must be iron-fortified.

² Breastmilk or formula, or portions of both, may be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months.

³ 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 if the infant is still hungry.

⁴ A serving of this component is required when the infant is developmentally ready to accept it.

⁵ Fruit juice must be full-strength.

⁶ A serving of this component must be made from whole-grain or enriched meal or flour.