



## Infant Meal Pattern Breakfast

### Birth through 3 months

4-6 fluid ounces of formula  
(a) or breastmilk (b,c)

### 4 through 7 months

4-8 fluid ounces of formula  
(a) or breastmilk (b,c);  
  
0-3 tablespoons of infant ce-  
real (a,d)

### 8 through 11 months

6-8 fluid ounces of formula  
(a) or breastmilk (b,c); and  
  
2-4 tablespoons of infant ce-  
real (a); and  
  
1-4 tablespoons of fruit or  
vegetable or both

*a– Infant formula and dry infant cereal must be iron-fortified.*

*b– 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.*

*c– For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving less than the minimum amount of breastmilk may be offered, with additional breastmilk offered if the infant is still hungry.*

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