



Infant Meal Pattern Lunch or Supper

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); and
0-3 tablespoons of fruit or
vegetable or both (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); or
1-4 tablespoons of meat, fish,
poultry, egg yolk, cooked dry
beans or peas; or
½-2 ounces of cheese; or
1-4 ounces (volume) of cot-
tage cheese; or
1-4 ounces (weight) of cheese
food or cheese spread; 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.