



Infant Meal Pattern Snack

Birth through 3 months

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

4 through 7 months

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

8 through 11 months

2-4 fluid ounces of formula
(a) or breastmilk (b,c) or fruit
juice (e); and

0-1/2 bread (d,f) or
0-2 crackers (d,f)

a– Infant formula 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.

e– Fruit juice must be full-strength.

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