

# INFANT MEAL PATTERN

## FOR CHILD NUTRITION PROGRAMS\* (6-04)

AGES	0-3 MONTHS	4-7 MONTHS	8 THROUGH 11 MONTHS *** up to day of 1st B.day
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>● 4-6 fl oz breast milk 1,2,3 <b>OR</b> formula 1,4</li> </ul>	<ul style="list-style-type: none"> <li>● 4-8 fl oz breast milk 1,2,3 <b>OR</b> formula 1,4</li> <li>● 0-3 Tbsp infant cereal 4,5 (optional)</li> </ul>	<ul style="list-style-type: none"> <li>● 6-8 fl oz breast milk 1,2,3 <b>OR</b> formula 1,4</li> <li>● 2-4 Tbsp infant cereal 4</li> <li>● 1-4 Tbsp fruit and/or vegetable</li> </ul>
<b>LUNCH AND SUPPER</b>	<ul style="list-style-type: none"> <li>● 4-6 fl oz breast milk 1,2,3 <b>OR</b> formula 1,4</li> <li>● "PARENT'S FORM FOR DECLINING PROVIDER'S FORMULA" is always required when a parent is providing the formula.</li> </ul>	<ul style="list-style-type: none"> <li>● 4-8 fl oz breast milk 1,2,3 <b>OR</b> formula 1,4</li> <li>● 0-3 Tbsp infant cereal 4,5 (optional)</li> <li>● 0-3 Tbsp fruit and/or vegetable 5 (optional)</li> </ul>	<ul style="list-style-type: none"> <li>1) 6-8 fl oz breast milk 1,2,3 <b>OR</b> formula 1,4</li> <li>2) 1-4 Tbsp fruit and/or vegetable</li> <li>3) 2-4 Tbsp infant cereal 4</li> <li style="text-align: center;"><b>AND/OR</b></li> <li>3) 1-4 Tbsp lean meat, fish, poultry, egg yolk, or cooked dry beans or peas, <b>OR</b> ½ - 2 oz cheese, <b>OR</b> 1-4 oz cottage cheese (volume),</li> </ul>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>● 4-6 oz breast milk 1,2,3 <b>OR</b> formula 1,4</li> </ul>	<ul style="list-style-type: none"> <li>● 4-6 oz breast milk 1,2,3 <b>OR</b> formula 1,4</li> </ul>	<ul style="list-style-type: none"> <li>● 2-4 fl oz breast milk, 1,2,3 formula 1,4</li> <li><b>OR</b> fruit juice 6</li> <li>● to ½ slice of bread 5,7</li> <li><b>OR</b> 0 to 2 crackers 5,7</li> </ul>

- 1) Breast milk, formula, or portions of both may be served; however, it is strongly recommended that breast milk be served in place of formula from birth through 11 months.
- 2) For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.
- 3) Only the infant's mother can provide breast milk.
- 4) Infant formula and dry infant cereal must be iron fortified.
- 5) A serving of this component is required only when the infant is developmentally ready to accept it.
- 6) Fruit juice must be full strength (100%) and offered from a cup, not a bottle, to prevent tooth decay.
- 7) Must be made from whole grain or enriched meal or flour.

\* **Child Care Providers** may claim reimbursement for up to two meals and one snack or two snacks and one meal per infant per day.

\*\*\* **On the day the child turns 1, an infant should be switched to the Menu for 1 year olds and up, and follow the "older children's" Meal Pattern.**

**Meals that meet USDA Infant Meal Pattern Requirements and contain breast milk and/or parent-provided formula as the only required component(s) are now reimbursable when served and fed by the infant's child care provider.** This replaces the previous policy stating that meals containing parent-provided formula are reimbursable only when another component is served with the formula. The revised policy recognizes the labor involved in serving meals to infants by child care providers. (For snack, bread or cracker is now optional at 8-11 months no matter who is providing the formula.)

**Breast milk** continues to be the best source of nutrition for infants as it provides long-term health benefits. The Nutrition Services Division encourages child care providers to welcome and support mothers who supply breast milk and/or come to breastfeed their infants.