### Infant Meal Patterns

#### Breakfast, Lunch, and Dinner

<table>
<thead>
<tr>
<th>Birth through 5 months</th>
<th>6 through 11 months</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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</table>
| 4-6 fluid ounces breastmilk\(^1\) or formula\(^2\) | 6-8 fluid ounces breastmilk\(^1\) or formula\(^2\); and 0-4 tablespoons of  
  - Infant cereal\(^6\)  
  - Meat  
  - Fish  
  - Poultry  
  - Whole egg  
  - Cooked, dry beans or  
  - Cooked dry peas or  
  0-2 ounces of cheese or  
  0-4 ounces (volume) of cottage cheese; or  
  - 0-4 ounces or ½ cup of yogurt; or a combination of the above\(^3\); and  
  0-2 tablespoons vegetable or fruit or a combination of both.\(^{3,4}\) |
| **Lunch**               |                     |
| 4-6 fluid ounces breastmilk\(^1\) or formula\(^2\) | 2-4 fluid ounces breastmilk or formula\(^2\); and  
  - 0-1/2 slice bread\(^3,5\) or  
  - 0-2 crackers \(^3,5\) or  
  - 0-4 tablespoons infant cereal \(^2,3\) and  
  0-2 tablespoons vegetable or fruit, or a combination of both. \(^{3,4}\) |
| **Dinner**              |                     |

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\(^1\) Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

\(^2\) Infant formula and dry infant cereal must be iron fortified.

\(^3\) A serving of this component is required when the infant is developmentally ready to accept it.

\(^4\) Fruit and vegetable juices must not be served.

\(^5\) A serving of grains must be whole grain-rich, enriched meal, or enriched flour.