

**National School Lunch Program
Infant Meal Pattern - Birth through 11 months**

The infant meal pattern shall contain, as a minimum, each of the following components in the amounts indicated for the specific age group. Foods served in the infant breakfast and lunch pattern must be of a texture and consistency appropriate for the particular age group served. Foods must be served to the infant during a span of time consistent with the infant's eating habits. For infants 4 through 7 months of age, solid foods are optional and should be introduced only when the infant is developmentally ready. Whenever possible, the school should consult with the infant's parents in making the decision to introduce solid foods. Solid foods should be introduced one at a time on a gradual basis with the intent of ensuring health and nutritional well-being. For infants 8 through 11 months of age, the total amount of food in the meal patterns identified below must be provided to qualify for reimbursement. Additional foods may be served to infants 4 months of age and older with the intent of improving their overall nutrition.

Infant Meal Pattern

Birth Through 3 Months	4 Through 7 Months	8 Through 11 Months
<p>Breakfast</p> <p>4-6 fluid ounces of breast milk^{1,2} or formula³</p>	<p>4-8 fluid ounces of breast milk^{1,2} or formula³;</p> <p>0-3 tablespoons of infant cereal^{3,4}</p>	<p>6-8 fluid ounces of breast milk^{1,2} or formula³; and</p> <p>2-4 tablespoons of infant cereal³; and</p> <p>1-4 tablespoons of fruit and/or vegetable</p>
<p>Lunch</p> <p>4-6 fluid ounces of breast milk^{1,2} or formula³</p>	<p>4-8 fluid ounces of breast milk^{1,2} or formula³;</p> <p>0-3 tablespoons of infant cereal^{3,4};</p> <p>0-3 tablespoons of fruit and/or vegetable⁴</p>	<p>6-8 fluid ounces of breast milk^{1,2} or formula³; and</p> <p>1-4 tablespoons of fruit and/or vegetable; and</p> <p>2-4 tablespoons of infant cereal³; and/or</p> <p>1-4 tablespoons of meat, fish, poultry, egg yolk, cooked dry beans, or peas; or</p> <p>½ - 2 ounces of cheese; or</p> <p>1-4 tablespoons of cottage cheese, cheese food, or cheese spread</p>

¹It is recommended that breast milk, provided by the infant's mother, be served in place of formula from birth through 11 months.

²For 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.

³Infant formula and dry infant cereal must be iron-fortified. Infant formula, when served, must be in liquid state at recommended dilution.

⁴A serving of this component is optional.