

AEYC-SEA CCFP USDA Meal Pattern Requirements for Infants

Age	Breakfast	Lunch or Supper	Snack
0 - 3 months	4-6 fluid ounces iron-fortified formula or breast milk	4-6 fluid ounces iron-fortified formula or breast milk	4-6 fluid ounces iron-fortified formula or breast milk
4 - 7 months	4-6 fluid ounces iron-fortified formula or breast milk 0-3 Tbsp iron-fortified infant cereal**	4-6 fluid ounces iron-fortified formula or breast milk 0-3 Tbsp iron-fortified infant cereal** 0-3 Tbsp fruit and/or vegetable**	4-6 fluid ounces iron-fortified formula or breast milk
8 - 11 months	6-8 fluid ounces iron-fortified formula or breast milk <i>AND</i> 2-4 Tbsp iron-fortified infant cereal <i>AND</i> 1-4 Tbsp fruit and/or vegetable	6-8 fluid ounces iron-fortified formula or breast milk <i>AND</i> 1-4 Tbsp fruit and/or vegetable <i>AND</i> 2-4 Tbsp iron-fortified infant cereal <i>AND/OR</i> 1-4 Tbsp meat, fish, poultry, egg yolk, or cooked dry beans or peas; or ½ - 2 oz cheese; or 1-4 oz (volume) cottage cheese; cheese food, or cheese spread; <i>AND</i> 1-4 tablespoons of fruit or vegetable or both**	2-4 fluid ounces iron-fortified formula or breast milk or 100% fruit juice 0- ½ slice bread or 0-2 crackers**

Infant cereal must be iron-fortified, dry single ingredient infant cereal. Infant cereal is normally mixed with breast milk or formula.

Fruit juice must be full-strength 100% juice only.

Bread or crackers must be made from whole-grain or enriched meal or flour.

Nuts, seeds, nut butters, cheese and yogurt are not allowed as a meat alternate.

****Required when developmentally ready to accept it.**