

## Infant Lunch Meal Pattern

| Birth through 5 months                                            | 6 through 11 months                                                                                                                |
|-------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| 4-6 fluid ounces breast milk <sup>1</sup> or formula <sup>2</sup> | 6-8 fluid ounces breast milk <sup>1</sup> or formula; <sup>2</sup> and<br>0- 1/2 ounce equivalent infant cereal; <sup>2 3</sup> or |
|                                                                   | 0-4 tablespoons meat, fish, poultry, whole egg, cooked<br>dry beans, peas, or lentils; or                                          |
|                                                                   | 0-2 ounces of cheese; or                                                                                                           |
|                                                                   | 0-4 ounces (volume) of cottage cheese; or                                                                                          |
|                                                                   | 0-4 ounces or 1/2 cup of yogurt; <sup>4</sup> or a combination of the<br>above; <sup>5</sup> and                                   |
|                                                                   | 0-2 tablespoons vegetable or fruit, or a combination of<br>both. <sup>5 6</sup>                                                    |

<sup>1</sup> Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served from birth through 11 months. 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 at a later time if the infant will consume more.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> Information on crediting grain items may be found in FNS guidance.

<sup>4</sup> Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

<sup>5</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>6</sup> Fruit and vegetable juices must not be served.