

Infant Afterschool Snack Meal Pattern

Birth through 5 months	6 through 11 months
4-6 fluid ounces of breast milk ¹ or formula ²	2-4 fluid ounces breast milk ¹ or formula; ² and
	0- 1/2 ounce equivalent bread; ^{3 4} or
	0- 1/4 ounce equivalent crackers; ^{3 4} or
	0- 1/2 ounce equivalent infant cereal; ^{2 4} or
	0- 1/4 ounce equivalent ready-to-eat breakfast cereal; ^{3 4 5 6} and
	0-2 tablespoons vegetable or fruit, or a combination of both. ^{6 7}

¹ 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.

² Infant formula and dry infant cereal must be iron-fortified.

³ A serving of grains must be whole grain-rich, enriched meal, enriched flour, bran, or germ.

⁴ Information on crediting grain items may be found in FNS guidance.

⁵ Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

⁶ A serving of this component is required when the infant is developmentally ready to accept it.

⁷ Fruit and vegetable juices must not be served.