

**TABLE 1 TO PARAGRAPH (b)(5)—INFANT MEAL PATTERNS**

Infants	Birth through 5 months	6 through 11 months
Breakfast, Lunch, or Supper	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  0-1/2 ounce equivalent infant cereal; <sup>2,3</sup> or  0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, peas, and 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 above; <sup>5</sup> and  0-2 tablespoons vegetable or fruit, or a combination of both. <sup>5,6</sup>
Snack	4-6 fluid ounces breast milk <sup>1</sup> or formula <sup>2</sup>	2-4 fluid ounces breast milk <sup>1</sup> or formula; <sup>2</sup> and  0-1/2 ounce equivalent bread; <sup>3,7</sup> or  0-1/4 ounce equivalent crackers; <sup>3,7</sup> or  0-1/2 ounce equivalent infant cereal; <sup>2,3</sup> or  0-1/4 ounce equivalent ready-to-eat breakfast cereal; <sup>3,5,7,8</sup> and  0-2 tablespoons vegetable or fruit, or a combination of 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.

<sup>7</sup> A serving of grains must be whole grain-rich, enriched meal, enriched flour, bran, or germ.

<sup>8</sup> 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.