# National School Lunch Program (NSLP) and School Breakfast Program (SBP) Meal Pattern AdvisoryAppendix A

*USDA Infant Meal Pattern*

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| Breakfast |
| Component | Birth through 5 months | 6 through 11 months |
| Breastmilk orIron-fortified infant formula | 4–6 fluid ounces breastmilk1 or formula2 | 6–8 fluid ounces breastmilk1 or formula2; and |
| Infant cereal,Meat/meat alternates, or A combination |  | 0–4 tablespoons infant cereal2,3, meat,fish, poultry, whole egg,cooked dry beans, or cooked dry peas; or0–2 ounces of cheese; or0–4 ounces (volume) or cottage cheese; or 0–4 ounces or ½ cup of yogurt4; or a combination of the above5; and |
| Vegetable, Fruit, orA combination of both |  | 0–2 tablespoons vegetable or fruit or a combination of both5,6 |
| Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.1. Infant formula and dry infant cereal must be iron-fortified.
2. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
3. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
4. A serving of this component is required when the infant is developmentally ready to accept it.
5. Fruit and vegetable juices must not be served.
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| Lunch and Supper |
| Component | Birth through 5 months | 6 through 11 months |
| Breastmilk orIron-fortified infant formula | 4–6 fluid ounces breastmilk1 or formula2 | 6–8 fluid ounces breastmilk1 or formula2; and |
| Infant cereal,Meat/meat alternates, or A combination |  | 0–4 tablespoons infant cereal2,3, meat,fish, poultry, whole egg,cooked dry beans, or cooked dry peas; or0–2 ounces of cheese; or0–4 ounces (volume) or cottage cheese; or 0–4 ounces or ½ cup of yogurt4; or a combination of the above5; and |
| Vegetable, Fruit, orA combination of both |  | 0–2 tablespoons vegetable or fruit or a combination of both5,6 |
| 1 Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more. 2 Infant formula and dry infant cereal must be iron-fortified.1. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
2. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
3. A serving of this component is required when the infant is developmentally ready to accept it.
4. Fruit and vegetable juices must not be served.
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