

USDA Meal Guidelines for Infants 0 – 11 months

Fairfax County Child and Adult Care Food Program



BREAKFAST	
Birth Through 5 Months	6 Through 11 Months
4-6 fluid ounces of breastmilk ¹ or formula ²	6-8 fluid ounces of breastmilk ¹ or formula ² ; and 0-4 tablespoons of infant cereal ^{2,3} , meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or 1/2 cup of yogurt ⁴ ; or a combination of the above ⁵ ; and 0-2 tablespoons vegetable or fruit or a combination of both ^{5,6}

LUNCH OR SUPPER	
Birth Through 5 Months	6 Through 11 Months
4-6 fluid ounces of breastmilk ¹ or formula ²	6- 8 fluid ounces of breastmilk ¹ or formula ² ; and 0-4 tablespoons of infant cereal ^{2,3} , meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or 1/2 cup of yogurt ⁴ ; or a combination of the above ⁵ ; and 0-2 tablespoons of vegetable or fruit or a combination of both ^{5,6}

SNACKS	
Birth Through 5 Months	6 Through 11 Months
4-6 fluid ounces of breastmilk ¹ or formula ²	2-4 fluid ounces of breastmilk ¹ or formula ² ; and 0-1/2 slice bread ^{3,7} ; or 0-2 crackers ^{3,7} ; or 0-4 tablespoons of infant cereal ^{2,3,7} or ready-to-eat breakfast cereal ^{3,5,7,8} ; and 0-2 tablespoons of vegetable or fruit or a combination of both ^{5,6}

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.
3. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
4. Yogurt must contain no more than 23 grams of total sugar per 6 ounces.
5. A serving of this component is required when the infant is developmentally ready to accept.
6. Fruit and vegetable juices must not be served.
7. A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
8. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).