

# INFANT MEAL PATTERN

	0-5 MONTHS	6-11 MONTHS
BREAKFAST	4-6 fl oz. breastmilk or formula	6-8 fluid ounces breastmilk or formula; <b>and</b> 0-4 tablespoons infant cereal meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; <b>or</b> 0-2 ounces of cheese; <b>or</b> 0-4 ounces (volume) of cottage cheese; <b>or</b> 0-4 ounces or ½cup of yogurt; <b>or</b> a combination of the above; <b>and</b> 0-2 tablespoons vegetable or fruit or a combination of both
LUNCH/ SUPPER	4-6 fl oz. breastmilk or formula	6-8 fluid ounces breastmilk or formula; <b>and</b> 0-4 tablespoons infant cereal meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; <b>or</b> 0-2 ounces of cheese; <b>or</b> 0-4 ounces (volume) of cottage cheese; <b>or</b> 0-4 ounces or ½cup of yogurt; <b>or</b> a combination of the above; <b>and</b> 0-2 tablespoons vegetable or fruit or a combination of both
SNACK	4-6 fl oz. breastmilk or formula	2-4 fluid ounces breastmilk or formula; <b>and</b> 0-½ slice bread; <b>or</b> 0-2 crackers; <b>or</b> 0-4 tablespoons infant cereal <b>or</b> ready-to-eat breakfast cereal; <b>and</b> 0-2 tablespoons vegetable <b>or</b> fruit, <b>or</b> a combination of both