**Infant 6-11 Month NMCAA APPROVED CHILD MEAL PATTERN**

**REQUIRED COMPONENTS AND MINIMUM AMOUNTS**

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| **FOOD COMPONENT** | **BREAKFAST**  **Formula/breastmilk**  **and**  **Meat/Meat Alternate and**  **Fruit or Vegetable** | **LUNCH**  **Formula/breasmilk**  **and**  **Meat/Meat Alternate**  **and**  **Fruit or Vegetable** | **SNACK**  **Formula/breasmilk**  **and**  **Grain**  **And**  **Fruit or Vegetable** |
| **B Breastmilk or Iron**  **F Fortified Formula** | **6-8 fl oz** | **6-8 fl oz** | **2-4 fl oz** |
| **PROTEIN (MEAT/MEAT ALTERNATE)**  **CHOOSE from below When Developmentally ready**  **(May use combinations)** |  |  |  |
| **Iron Fortified Infant Cereal** | **0-4 tbsp** | **0-4 tbsp** |  |
| **Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans or Peas** | **0-4 tbsp** | **0-4 tbsp** |  |
| **Cheese** | **0-2 oz** | **0-2 oz** |  |
| **Cottage Cheese** | **0-4 oz** | **0-4 oz** |  |
| **Yogurt**  **no more than 23grams sugar per 6 ounces** | **0-4 oz or ½ cup** | **0-4 oz or ½ cup** |  |
| **FRUIT or VEGETABLE or combination of both**  **When developmentally ready** | **0-2 tbsp** | **0-2 tbsp** | **0-2 tbsp** |
| **JUICE** | **Not Allowed** | **Not Allowed** | **Not Allowed** |
| **GRAINS: CHOOSE**  **when developmentally ready** |  |  |  |
| **Bread or Crackers. Must be whole grain-rich, enriched meal, or enriched flour** |  |  | **0-1/2 slice bread**  **Or 0-2 crackers** |
| **Ready to Eat Breakfast Cereals From List of NMCAA Approved Cereals** |  |  | **0-4 tbsp** |
| **Infant Cereal** |  |  | **0-4 tbsp** |
| **Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a medical statement from a State-recognized medical authority.**  **Solid foods are gradually introduced around 6 months, as developmentally appropriate.**  **Only natural cheeses. No cheese food, product, imitation or spreads.**  **No Peanut Butter, nuts or seeds for children under 1.**  **Soy or drinkable yogurts are not creditable.**  **No Tofu**  **No desserts such as baby puddings, custards, cobblers, fruit desserts.**  **No juice allowed for infants.**  **Farina, Grits and Oatmeal are not creditable grain choices for infants at snack.**  **Home canned foods are not allowed.**  **No Honey under the age of 1.** | | | |

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