**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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