

0-5 MONTHS

NMCAA APPROVED CHILD MEAL PATTERN REQUIRED COMPONENTS AND MINIMUM AMOUNTS

FOOD COMPONENT	<u>BREAKFAST</u> Formula	<u>LUNCH</u> Formula	<u>SNACK</u> Formula
Breastmilk or Iron Fortified Formula	4-6 fl oz	4-6 fl oz	4-6 fl oz
PROTEIN (MEAT/MEAT ALTERNATE) (May use combinations) CHOOSE:			
Iron Fortified Infant Cereal			
Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans or Peas			
Cheese			
Cottage Cheese			
Yogurt-no more than 23grams sugar per 6 ounces			
FRUIT or VEGETABLE or combination of both			
JUICE			
GRAINS: CHOOSE			
Must be whole grain-rich, enriched meal, or enriched flour			
Ready to Eat Breakfast Cereals From List of NMCAA Approved Cereals			
Infant Cereal			
<p>*Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a medical statement from a State-recognized medical authority.</p> <p>*Breastmilk or Formula or portions of both must be served. 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.</p> <p>*Infants directly breastfed at the center may be claimed for reimbursement</p>			