

6-11 MONTHS

NMCAA APPROVED CHILD MEAL PATTERN REQUIRED COMPONENTS AND MINIMUM AMOUNTS

FOOD COMPONENT	<u>BREAKFAST</u> Formula and Meat/Meat Alternate and Fruit or Vegetable	<u>LUNCH</u> Formula and Meat/Meat Alternate and Fruit or Vegetable	<u>SNACK</u> Formula and Grain And Fruit or Vegetable
Breastmilk or Iron Fortified Formula	6-8 fl oz	6-8 fl oz	2-4 fl oz
PROTEIN (MEAT/MEAT ALTERNATE) (May use combinations) CHOOSE:			
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	0-2 tbsp	0-2 tbsp	0-2 tbsp
JUICE	Not Allowed	Not Allowed	Not Allowed
GRAINS: CHOOSE			
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.

Only natural and processed cheeses. No cheese food, product, imitation or spreads are allowed.

No desserts such as baby puddings, custards, cobblers, fruit desserts

Home canned foods are not allowed

No Honey

Solid foods are gradually introduced around 6 months, as developmentally appropriate