

Infant Meal Requirements



	0-5 months	6-11 months
Breakfast	<ul style="list-style-type: none"> 4-6 ounces Breastmilk or Formula 	<ul style="list-style-type: none"> 6-8 ounces Breastmilk or Formula 0-4tbsp infant cereal, meat, fish, poultry, whole egg, cooked dry beans, peas, or 0-2oz cheese, 0-4oz cottage cheese, 0-4oz yogurt, or a combination; and 0-2tbsp vegetable, fruit, or both
Lunch	<ul style="list-style-type: none"> 4-6 ounces Breastmilk or Formula 	<ul style="list-style-type: none"> 6-8 ounces Breastmilk or Formula 0-4tbsp infant cereal, meat, fish, poultry, whole egg, cooked dry beans, peas, or 0-2oz cheese, 0-4oz cottage cheese, 0-4oz yogurt, or a combination; and 0-2tbsp vegetable, fruit, or both
Snack	<ul style="list-style-type: none"> 4-6 ounces Breastmilk or Formula 	<ul style="list-style-type: none"> 2-4 ounces Breastmilk or Formula 0-1/2 bread slice or 0-2 crackers or 0-4tbsp infant cereal or ready to eat cereal; and 0-2tbsp vegetable, fruit or both

Solid Foods will be introduced around 6 months of age, as developmentally appropriate.