

Meal Pattern Requirements for Infants 8 through 11 Months
In the Child Nutrition Programs

PURPOSE:

To clarify the meal pattern for lunches and suppers served to infants 8 through 11 months of age.

SCOPE:

Sponsors of the School Breakfast Program, Child and Adult Care Food Program, and the National School Lunch Program.

DESCRIPTION:

The USDA Food and Nutrition Service received questions about the appropriate number of components that fulfill the meal pattern for lunches and suppers served to infants 8 through 11 months of age. This policy clarifies that, for this age group of infants, a reimbursable lunch or supper has three components. A reimbursable lunch or supper must include:

(1) Fluid Milk:

6 to 8 fluid ounces of breastmilk, or iron-fortified infant formula, or both

(2) Cereal, or "Meat/Meat Alternate," or both:

2 to 4 tablespoons of iron-fortified dry infant cereal

or

1 to 4 tablespoons of meat, or

1 to 4 tablespoons of fish, or

1 to 4 tablespoons of poultry, or

1 to 4 tablespoons of egg yolk, or

1 to 4 tablespoons of cooked dry beans, or

1 to 4 tablespoons of cooked dry peas, or

½ to 2 ounces (weight) of cheese, or

1 to 4 ounces (volume) of cottage cheese, or

1 to 4 ounces (weight) of cheese food

or

appropriate quantities (as listed above) of cereal and meat/meat alternate

(3) Fruit or Vegetable:

1 to 4 tablespoons of fruit, or vegetable, or both

Resources: Sections 226.20(b)(5)(iii)(B) and 210.10(o)(5)(iii)(B), and the accompanying tables in sections 226.20(b)(6) and 210.10(o)(6).

Source: USDA, Food and Nutrition Policy Memorandum #05-07, Dated, December 28, 2004