**Section 406.APPENDIX A Meal Pattern Chart for Children 0 to 12 Months of Age**

|  |  |  |  |
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| **MEAL** | **Ages 0-4**  **Months** | **Ages 4-8**  **Months** | **Ages 8-12**  **Months** |
|  |  |  |  |
| **BREAKFAST** |  |  |  |
|  |  |  |  |
| Infant Formula (iron fortified) | 4-6 ounces | 6-8 ounces | 6-8 ounces\* |
| Infant Cereal (iron fortified) | 0 | 1-3 tablespoons | 2-4 tablespoons |
| **SNACK** (Supplement) |  |  |  |
|  |  |  |  |
| Infant Formula (iron fortified) | 4-6 ounces | 2-4 ounces | 2-4 ounces |
| or full strength fruit | 0 | 2-4 ounces | 2-4 ounces |
| or whole fluid milk | 0 | 0 | 2-4 ounces |
| Enriched or whole-grain bread | 0 | 0-¼ slice\*\* | 0-¼ slice\*\* |
| or cracker-type product (suitable for infants) | 0 | 0-2 crackers\*\* | 0-2 crackers\*\* |
| **LUNCH OR SUPPER** |  |  |  |
|  |  |  |  |
| Infant Formula (iron fortified) | 4-6 ounces | 6-8 ounces | 6-8 ounces\* |
| Infant Cereal (iron fortified) | 0 | 1-2 tablespoons |  |
| strained fruit and/or vegetable (to total) | 0 | 1-2 tablespoons | 3-4 tablespoons |
| Strained meat, fish, poultry, or egg yolk | 0 | 0-1 tablespoon\*\* | 1-4 tablespoons |
| or cheese | 0 | 0-½ ounce\*\* | ½-2 ounces |
| or cottage cheese, cheese food, or cheese spread | 0 | 0-1 ounce\*\* | 1-4 ounces |
|  |  |  |  |
| \*or 6-8 ounces of whole milk and 0-3 ounces of full strength fruit juice | | | |
| \*\*These items are suggested, not required. Parents should ask their doctor if they have questions about what their baby should eat. | | | |