**Requirements**

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**Breakfast**
- Iron fortified formula or breastmilk; **AND** 6-8 fluid ounces
- Vegetable, fruit or both; **AND** 0-2 tablespoons
- Infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-4 tablespoons
- Cheese; or 0-2 ounces
- Cottage cheese; or 0-4 ounces
- Yogurt; or 0-4 ounces
- A combination*

**Snack**
- Iron fortified formula or breastmilk; **AND** 2-4 fluid ounces
- Vegetable, fruit or both; **AND** 0-2 tablespoons
- Infant cereal or ready to eat cereal; or 0-4 tablespoons
- Slice of bread; or 0-1/2 slice
- Crackers 0-2

**Lunch/Supper**
- Iron fortified formula or breastmilk; **AND** 6-8 fluid ounces
- Vegetable, fruit or both; **AND** 0-2 tablespoons
- Infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-4 tablespoons
- Cheese; or 0-2 ounces
- Cottage cheese; or 0-4 ounces
- Yogurt; or 0-4 ounces
- A combination*

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1. Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some 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.

2. Infant formula and dry infant cereal must be iron-fortified.

3. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

4. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

5. A serving of this component is required when the infant is developmentally ready to accept it.

6. Fruit and vegetable juices must not be served.