Sample Infant Cycle Menu

Here is a sample cycle menu for infants, 6 months to 11 months old, to help you plan your calendar with creditable recipes that meet the New Meal Pattern guidelines.

### Important

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. A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

5. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

6. Fruit and vegetable juices must not be served.

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### All foods are subject to the individual infant and their own developmental readiness to consume that food item.

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