



SDSU Children's Center Nutritional Meal Pattern









INFANTS: 8 through 11 months

BREAKFAST

 **and**  **and** 



2-4 tbsp. Infant Cereal 6-8 oz. Breast Milk or Formula 1-4 tbsp. Fruit and/or Vegetable

LUNCH

 **and**  **and**  **and/or**  **or**  **or** 

2-4 tbsp. Infant Cereal 6-8 oz. Breast Milk or Formula 1-4 tbsp. Fruit and/or Vegetable 1-4 tbsp. Lean Meat 1-4 tbsp. Dried Beans 1 oz. Cheese

SNACK

 **and** 

2-4 oz. Breast Milk or Formula 0-2 Crackers