# Georgia Nutritional Services, Inc

| | DATE: | DATE:6/1/21 | DATE:6/2/21 | DATE:6/3/21 | DATE:6/4/21 |
|---|---|---|---|---|---|
| | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **AM SNACK** | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | WHOLE WHEAT ROLL | WHOLE WHEAT RITZ CRACKERS | ENRICHED ANIMAL CRACKERS | WHOLE GRAIN CHEESE CRACKERS | ENRICHED BREAD STICKS |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | PEACHES | BANANA | PLUMS | APRICOTS | BANANAS |
| **LUNCH** | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | BARLEY CEREAL | WHOLE WHEAT CEREAL | OATMEAL CEREAL | MULTI GRAIN CEREAL OR CHICKEN | RICE CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | SPINACH | PEAS | SQUASH | GREEN BEANS | CORN |
| **DINNER** | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | OATMEAL CEREAL | BARLEY CEREAL | RICE CEREAL | BARLEY CEREAL OR CHICKEN | WHOLE WHEAT CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | GARDEN PEAS | MASH POTATOES | CARROTS | PEAS | SQUASH |

| | DATE:6/7/21 | DATE:6/8/21 | DATE:6/9/21 | DATE:6/10/21 | DATE:6/11/21 |
|---|---|---|---|---|---|
| | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **AM SNACK** | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | MULTI GRAIN CHEERIOS | ENRICHED ANIMAL CRACKERS | WHOLE WHEAT TOAST | ENRICHED GRAHAM CRACKERS | WHOLE WHEAT CHEESE CRACKERS |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | APPLES & BLUEBERRIES | MIXED FRUIT | PEACHES | PEARS | PLUMS |
| **LUNCH** | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | OATMEAL CEREAL OR BEEF | MULTI GRAIN CEREAL | OATMEAL CEREAL OR TURKEY | RICE CEREAL | MULTI GRAIN CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | SQUASH | CORN | MIX VEGGIES | SPINACH | PEARS |
| **DINNER** | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | RICE CEREAL OR BEEF | BARLEY CEREAL | RICE CEREAL OR TURKEY | WHOLE WHEAT CEREAL | OATMEAL CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | SQUASH | CORN | MIX VEGGIES | SPINACH | PEARS |

| | DATE:6/14/21 **MONDAY** | DATE:6/15/21 **TUESDAY** | DATE:6/16/21 **WEDNESDAY** | DATE:6/17/21 **THURSDAY** | DATE:6/18/21 **FRIDAY** |
|---|---|---|---|---|---|
| **AM SNACK** | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | WHOLE WHEAT PITA BREAD | MULTI GRAIN CHEERIOS | ENRICHED ANIMAL CRACKERS | WHOLE WHEAT CRACKERS | ENRICHED GRAHAM CRACKERS |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | STRAWBERRY BANANA | MIXED FRUIT | PEACHES | PLUMS | PEARS |
| **LUNCH** | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | MUTLI GRAIN CEREAL | OATMEAL CEREAL | WHOLE WHEAT CEREAL | RICE CEREAL OR BEEF (STRN) | BARLEY CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | GARDEN VEGETABLES | BANANA | SWEET POTATOES | CARROTS | GREEN BEANS |
| **DINNER** | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | OATMEAL CEREAL | RICE CEREAL | BARLEY CEREAL | OATMEAL CEREAL OR CHICKEN (STRN) | WHOLE WHEAT CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | SWEET POTATOES | GREEN BEANS | SQUASH | GARDEN PEAS | CORN |

**Georgia Nutritional Services, Inc**

| | DATE:6/21/21 MONDAY | DATE:6/22/21 TUESDAY | DATE:6/23/21 WEDNESDAY | DATE:6/24/21 THURSDAY | DATE:6/25/21 FRIDAY |
|---|---|---|---|---|---|
| **AM SNACK** | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | WHOLE WHEAT TOAST | ENRICHED CHEERIOS | WHOLE WHEAT CHEESE CRACKERS | WHOLE WHEAT BREAD STICKS | ENRICHED GRAHAM CRACKERS |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | MIXED FRUIT | PEACHES | PEAR / PINEAPPLES | APPLESAUCE | STRAWBERRY BANANA |
| **LUNCH** | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | RICE CEREAL | OATMEAL CEREAL OR BEEF | BARLEY CEREAL | RICE CEREAL | MULTI GRAIN CEREAL OR LAMB |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | SWEET POTATOES | GREEN BEANS | SPINACH | CORN | CARROTS |
| **DINNER** | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | BARLEY CEREAL | MULTI GRAIN CEREAL OR BEEF | OATMEAL CEREAL | WHOLE WHEAT CEREAL | RICE CEREAL OR LAMB |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | SQUASH | CORN | CARROTS | SWEET PEAS | GREEN BEANS |

| | DATE: 6/28/21 | DATE: 6/29/21 | DATE: 6/30/21 | | |
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| | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **AM SNACK** | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | WHOLE WHEAT ROLL | WHOLE WHEAT RITZ CRACKERS | ENRICHED ANIMAL CRACKERS | ENRICHED GRAHAM CRACKERS | WHOLE WHEAT BREAD STICKS |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | PEACHES | APRICOTS | PLUMS | APRICOTS | BANANAS |
| **LUNCH** | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | OATMEAL CEREAL | WHOLE GRAIN CEREAL | BARLEY CEREAL | RICE CEREAL OR CHICKEN | WHOLE WHEAT CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | GARDEN PEAS | MASH POTATOES | CARROTS | PEAS | SQUASH |
| **DINNER** | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | MIXED CEREAL | OATMEAL CEREAL | RICE CEREAL | WHOLE WHEAT CEREAL OR CHICKEN | RICE CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | CORN | GREEN BEANS | SQUASH | SWEET POTATOES | CARROTS |