



|  | DATE:<br>MONDAY        | DATE:6/1/21<br>TUESDAY    | DATE:6/2/21<br>WEDNESDAY | DATE:6/3/21<br>THURSDAY       | DATE:6/4/21<br>FRIDAY  |
|--|------------------------|---------------------------|--------------------------|-------------------------------|------------------------|
| <b>BREAKFAST</b>   |                        |                           |                          |                               |                        |
| 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 CEREAL     | RICE CEREAL               | MULTI GRAIN CEREAL       | OATMEAL CEREAL                | BARLEY CEREAL          |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both   | APRICOTS               | PEARS                     | BANANA                   | APPLESAUCE                    | PEACHES                |
| <b>LUNCH</b>   |                        |                           |                          |                               |                        |
| 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                   |
| <b>PM SNACK</b>  |                        |                           |                          |                               |                        |
| 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                |



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

| <b>BREAKFAST</b>   |                        |                          |                          |                          |                             |
|--|------------------------|--------------------------|--------------------------|--------------------------|-----------------------------|
| 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 CEREAL     | RICE CEREAL              | MULTI GRAIN CEREAL       | OATMEAL CEREAL           | BARLEY CEREAL               |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both   | PRUNES                 | PEARS                    | BANANA                   | APPLESAUCE               | PEACHES                     |
| <b>LUNCH</b>   |                        |                          |                          |                          |                             |
| 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                       |
| <b>PM SNACK</b>  |                        |                          |                          |                          |                             |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula  | FORMULA -- BREAST MILK | FORMULA -- BREAST MILK   | FORMULA -- BREAST MILK   | FORMULA -- BREAST MILK   | FORMULA -- BREAST MILK      |
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| 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                       |



DATE:6/14/21

DATE:6/15/21

DATE:6/16/21

DATE:6/17/21

DATE:6/18/21

|  | MONDAY                 | TUESDAY                | WEDNESDAY                | THURSDAY                   | FRIDAY                   |
|--|------------------------|------------------------|--------------------------|----------------------------|--------------------------|
| <b>BREAKFAST</b>   |                        |                        |                          |                            |                          |
| 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     | RICE CEREAL              | MULTI GRAIN CEREAL         | OATMEAL CEREAL           |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both   | PEARS                  | PRUNES                 | APPLESAUCE               | PEARS / PINEAPPLES         | APPRICOTS                |
| <b>LUNCH</b>   |                        |                        |                          |                            |                          |
| 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              |
| <b>PM SNACK</b>  |                        |                        |                          |                            |                          |
| 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                    |



DATE:6/21/21

DATE:6/22/21

DATE:6/23/21

DATE:6/24/21

DATE:6/25/21

|  | MONDAY                 | TUESDAY                | WEDNESDAY                   | THURSDAY                 | FRIDAY                     |
|--|------------------------|------------------------|-----------------------------|--------------------------|----------------------------|
| <b>BREAKFAST</b>   |                        |                        |                             |                          |                            |
| 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 CEREAL     | RICE CEREAL            | MULTI GRAIN CEREAL          | OATMEAL CEREAL           | BARLEY CEREAL              |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both   | APPLESAUCE             | APRICOTS               | BANANAS                     | PEACHES                  | PLUMS                      |
| <b>LUNCH</b>   |                        |                        |                             |                          |                            |
| 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                    |
| <b>PM SNACK</b>  |                        |                        |                             |                          |                            |
| 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          |



DATE: 6/28/21

DATE: 6/29/21

DATE: 6/30/21

|  | MONDAY                 | TUESDAY                   | WEDNESDAY                | THURSDAY                 | FRIDAY                   |
|--|------------------------|---------------------------|--------------------------|--------------------------|--------------------------|
| <b>BREAKFAST</b>   |                        |                           |                          |                          |                          |
| 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 CEREAL     | RICE CEREAL               | MULTI GRAIN CEREAL       | OATMEAL CEREAL           | BARLEY CEREAL            |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both   | PRUNES                 | PEARS/PINEAPPLES          | BANANA                   | APPLESAUCE               | PEACHES                  |
| <b>LUNCH</b>   |                        |                           |                          |                          |                          |
| 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                   |
| <b>PM SNACK</b>  |                        |                           |                          |                          |                          |
| 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                  |