



	DATE: MONDAY	DATE:6/1/21 TUESDAY	DATE:6/2/21 WEDNESDAY	DATE:6/3/21 THURSDAY	DATE:6/4/21 FRIDAY
BREAKFAST					
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
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
PM 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
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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
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
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
PM 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
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

DATE:6/15/21

DATE:6/16/21

DATE:6/17/21

DATE:6/18/21

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
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
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
PM 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
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



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
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
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
PM 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
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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
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
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
PM 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
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