



	DATE: MONDAY	DATE: TUESDAY	DATE: WEDNESDAY	DATE: 7/1/21 THURSDAY	DATE: 7/2/21 FRIDAY
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula				FORMULA -- BREAST MILK	FORMULA -- BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula				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
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both				APPLESAUCE	PEACHES
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula				FORMULA -- BREAST MILK	FORMULA -- BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula				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 CEREAL OR CHICKEN	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both				GREEN BEANS	CORN
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula				FORMULA -- BREAST MILK	FORMULA -- BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula				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 GRAIN CHEESE CRACKERS	ENRICHED BREAD STICKS
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both				APRICOTS	BANANAS



DATE: 7/5/21

DATE: 7/6/21

DATE: 7/7/21

DATE: 7/8/21

DATE: 7/9/21

	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	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



DATE: 7/12/21

DATE: 7/13/21

DATE: 7/14/21

DATE: 7/15/21

DATE: 7/16/21

	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	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	MULTI 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



DATE: 7/19/21

DATE: 7/20/21

DATE: 7/21/21

DATE: 7/22/21

DATE: 7/23/21

	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	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



DATE: 7/26/21

DATE: 7/27/21

DATE: 7/28/21

DATE: 7/29/21

DATE: 7/30/21

	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