



			Thursday 7/1/21	Friday 7/2/21
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			MULTI GRAIN CEREAL	OATMEAL CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both			BANANA	APPLESAUCE
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			OATMEAL CEREAL	MULTI GRAIN CEREAL OR CHICKEN
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both			SQUASH	GREEN BEANS
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			ENRICHED ANIMAL CRACKERS	WHOLE GRAIN CHEESE CRACKERS
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both			PLUMS	APRICOTS
DINNER				
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			RICE CEREAL	BARLEY CEREAL OR CHICKEN
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both			CARROTS	PEAS



	Monday 7/5/21	Tuesday 7/6/21	Wednesday 7/7/21	Thursday 7/8/21	Friday 7/9/21
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



	Monday 7/12/21	Tuesday 7/13/21	Wednesday 7/14/21	Thursday 7/15/21	Friday 7/16/21
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



	Monday 7/19/21	Tuesday 7/20/21	Wednesday 7/21/21	Thursday 7/22/21	Friday 7/23/21
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



	Monday 7/26/21	Tuesday 7/27/21	Wednesday 7/28/21	Thursday 7/29/21	Friday 7/30/21
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