

	Wednesday 2/1/23	Thursday 2/2/23	Friday 2/3/23
BREAKFAST			
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula	TORMODA TOREAGE MEDIC	PORTION PROPERTY MEER	TORMODA 7 DREAD 1 MEDIC
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula			
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-	RICE CEREAL	OATMEAL CEREAL	MIXED CEREAL
4 ounces (volume) cottage cheese; or 0			
4 ounces or 1/2 cup yogurt; or a			
combination of the above; and			
6 - 11 MONTHS: 0-2 tablespoons			
vegetable or fruit or a combination of	STRAWBERRY BANANA	PEARS	BLUEBERRY APPLE
both			
LUNCH			
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula	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-	MULTI GRAIN CEREAL	MIXED CEREAL	BARLEY CEREAL
4 ounces (volume) cottage cheese; or 0-			
4 ounces or 1/2 cup yogurt; or a			
combination of the above; and			
6 - 11 MONTHS: 0-2 tablespoons			
vegetable or fruit or a combination of	MIXED VEGETABLES	BROCCOLI	MASHED BRUSSEL SPROUTS
both			
PM SNACK			
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula			
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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-	OATMEAL CEREAL	RICE CEREAL	WHOLE WHEAT CEREAL
4 ounces (volume) cottage cheese; or 0-	ON THERE GENERAL	The outers	WHICH SEREN
4 ounces or 1/2 cup yogurt; or a			
combination of the above; and			
6 - 11 MONTHS: 0-2 tablespoons			
vegetable or fruit or a combination of	PEACHES	BANANA	PRUNES
both	FEACHES	BAINAINA	FRONES
DOTH	I	l .	



	Monday 2/6/23	Tuesday 2/7/23	Wednesday 2/8/23	Thursday 2/9/23	Friday 2/10/23
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 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	RICE CEREAL	OATMEAL CEREAL	BARLEY CEREAL	MULTI GRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	MIXED BERRIES	PEACHES	PEARS	APRICOT	STRAWBERRY BANANA
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK				
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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	WHOLE WHEAT CEREAL	MIXED CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEAS & CARROTS	BROCCOLI	SPINACH	GREEN BEANS	CARROT
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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	MIXED CEREAL	MULTI GRAIN CEREAL	RICE CEREAL	OATMEAL CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEARS	PRUNES	STRAWBERRY BANANA	BLUEBERRY	APPLESAUCE



	Monday 2/13/23	Tuesday 2/14/23	Wednesday 2/15/23	Thursday 2/16/23	Friday 2/17/23
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK				
breastmilk/formula 6 - II MONTHS: 6-8 Fluid ounces breastmilk/formula	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	RICE CEREAL	OATMEAL CEREAL	MIXED CEREAL	MULTI GRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEARS	STRAWBERRY	APRICOT	PEARS	RASPBERRIES
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK				
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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	OATMEAL CEREAL	RICE CEREAL	BARLEY CEREAL	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEAS	BROCCOLI	CARROTS	CORN	MIXED VEGETABLES
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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	WHOLE WHEAT CEREAL	BARLEY CEREAL	RICE CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	BLUEBERRY/STRAWBERRY	PEARS	TEETHING BISCUIT	CINNAMON APPLESAUCE	PRUNES



	Monday 2/20/23	Tuesday 2/21/23	Wednesday 2/22/23	Thursday 2/23/23	Friday 2/24/23			
BREAKFAST								
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK			
breastmilk/formula 6 - II 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-	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MIXED CEREAL	MULTI GRAIN CEREAL	BARLEY CEREAL			
4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a								
combination of the above; and								
6 - 11 MONTHS: 0-2 tablespoons								
vegetable or fruit or a combination of	APRICOTS	STRAWBERRIES	RASPBERRIES	PEARS	PEACHES			
both								
LUNCH								
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	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-		BARLEY CEREAL	MULTI GRAIN CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL			
4 ounces (volume) cottage cheese; or 0								
4 ounces or 1/2 cup yogurt; or a combination of the above; and								
6 - 11 MONTHS: 0-2 tablespoons								
vegetable or fruit or a combination of	CAULIFLOWER	SWEET PEAS	SWEET POTATO	CABBAGE	BROCCOLI			
both								
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	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK			
breastmilk/formula	TOTAMOBAL / BACKOT MEDIC	TORMOSKY SKENOT MESK	TORMODA, PREAD, MEDIC	TOTALIST FIRE TOTALIST	TOTALICE AT THE PROPERTY OF TH			
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-		MIXED CEREAL	RICE CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL			
4 ounces (volume) cottage cheese; or 0-			1.252.52.12					
4 ounces or 1/2 cup yogurt; or a								
combination of the above; and								
6 - 11 MONTHS: 0-2 tablespoons								
vegetable or fruit or a combination of	APPLESAUCE	BLUEBERRY APPLE	PEARS	BROCCOLI	SQUASH			
both								



	Monday 2/27/23	Tuesday 2/28/23		
BREAKFAST				
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK		
breastmilk/formula 6 - 11 MONTH5: 6-8 Fluid ounces				
hreastmilk/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-	MULTI GRAIN CEREAL	OATMEAL CEREAL		
4 ounces (volume) cottage cheese; or				
0-4 ounces or 1/2 cup yogurt; or a				
combination of the above; and				
6 - 11 MONTHS: 0-2 tablespoons				
vegetable or fruit or a combination of	PEACHES	APRICOTS		
both				
LUNCH				
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK		
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK		
breastmilk/formula	TORMOLA / BREAST MILK	TORMOLA / 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-	BARLEY CEREAL	RICE CEREAL		
4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a				
combination of the above; and				
6 - 11 MONTHS: 0-2 tablespoons	CMEET DOTATO	CORN		
vegetable or fruit or a combination of both	SWEET POTATO	CORN		
PM SNACK		ı		
BIRTH - 5 MONTHS: 4-6 Fluid ounces				
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK		
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK		
breastmilk/formula				
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-	RICE CEREAL	MIXED CEREAL		
4 ounces (volume) cottage cheese; or				
0-4 ounces or 1/2 cup yogurt; or a combination of the above; and				
6 - 11 MONTHS: 0-2 tablespoons				
vegetable or fruit or a combination of	PRUNES	MIXED VEGGIES		
both		<u> </u>		