

		Wednesday 2/1/23	Thursday 2/2/23	Friday 2/3/23
BREAKFAST		,		
BIRIH - 5 MONIHS: 4-6 Fluid ounces		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
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				
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces		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
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	 			1
breastmilk/formula		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
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-				
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				
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces			1	1
6 - 11 MON 1 HS: 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-		BARLEY CEREAL	MULTI GRAIN CEREAL	RICE CEREAL
4 ounces (volume) cottage cheese; or 0-			MOULT BRAIN CLREAL	
4 ounces or 1/2 cup yogurt; or a				
combination of the above; and				
6 - 11 MONTHS: 0-2 tablespoons		DE 4.0	6400-0T	
vegetable or fruit or a combination of both		PEAS	CARROT	GREEN BEANS
EVENING SNACK				·
BIRTH - 5 MONTHS: 4-6 Fluid ounces		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
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	WHOLE WHEAT CEREAL	OATMEAL CEREAL
4 ounces (volume) cottage cheese; or 0-			WHOLE WRITER CEREAL	
4 ounces or 1/2 cup yogurt; or a				
combination of the above: and 6 - 11 MONTHS: 0-2 tablespaces	 			
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of		APPLESAUCE	BLUEBERRY PINEAPPLE	PINEAPPLE



	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	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		
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	BARLEY CEREAL	MULTI GRAIN 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 BERRIES	PEACHES	PEARS	APRICOT	STRAWBERRY BANANA		
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		
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-		WHOLE WHEAT CEREAL	MIXED CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL		
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	PEAS & CARROTS	BROCCOLI	SPINACH	GREEN BEANS	CARROT		
PM SNACK							
BIRTH - 5 MONTHS: 4-6 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-		MIXED CEREAL	MULTI GRAIN CEREAL	RICE CEREAL	OATMEAL CEREAL		
4 ounces (volume) cottage cheese; or 0			MOLTI ORALIN OLREAD				
4 ounces or 1/2 cup yogurt; or a							
combination of the above; and							
6 - 11 MONTHS: 0-2 tablespoons	05 40 5						
vegetable or fruit or a combination of both	PEARS	PRUNES	STRAWBERRY BANANA	BLUEBERRY	APPLESAUCE		
DINNER				1	•		
BIRTH - 5 MONTHS: 4-6 Fluid ounces	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		
6 - 11 MONTHS: 0-4 tablespoons							
infant cereal, meat, fish, poultry,							
whole egg, cooked dry beans or cooked	4	1		1			
dry peas; or 2 ounces of cheese; or 0-							
	WHOLE WHEAT CEREAL	MULTI GRAIN CEREAL	RICE CEREAL	MIXED CEREAL	RICE CEREAL		
4 ounces (volume) cottage cheese; or 0-	WHOLE WHEAT CEREAL	MULTI GRAIN CEREAL	RICE CEREAL	MIXED CEREAL	RICE CEREAL		
	WHOLE WHEAT CEREAL	MULTI GRAIN CEREAL	RICE CEREAL	MIXED CEREAL	RICE CEREAL		
<ul> <li>4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and</li> <li>6 - 11 MONTHS: 0-2 tablespoons</li> </ul>	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	WHOLE WHEAT CEREAL	MULTI GRAIN CEREAL	RICE CEREAL	MIXED CEREAL	RICE CEREAL GREEN BEANS		
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yagurt; or a combination of the above; and 6 - 11 MONTH5: 0-2 tablespoons vegetable or fruit or a combination of both EVENING SNACK	WHOLE WHEAT CEREAL						
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yagurt; or a combination of the above; and 6 - 11 MONTH5: 0-2 tablespoons vegetable or fruit or a combination of both EVENING SNACK BIRIH - 5 MONTH5: 4-6 Fluid ounces	WHOLE WHEAT CEREAL						
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yagurt; or a combination of the above; and 6 - 11 MONTH5: 0-2 tablespoons vegetable or fruit or a combination of both EVENING SNACK BIRTH - 5 MONTH5: 4-6 Fluid ounces 6 - 11 MONTH5: 6-6 Fluid ounces	WHOLE WHEAT CEREAL	CAULIFLOWER MASHED	GREEN BEANS	CARROTS	GREEN BEANS		
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTH5: 0-2 tablespoons vegetable or fruit or a combination of both EVENING SNACK BIRTH - 5 MONTH5: 4-6 Fluid ounces 6 - 11 MONTH5: 0-6 Tablespoons	WHOLE WHEAT CEREAL SWEET POTATO FORMULA / BREAST MILK	CAULIFLOWER MASHED	GREEN BEANS	CARROTS FORMULA / BREAST MILK	GREEN BEANS FORMULA / BREAST MILK		
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 both EVENING SNACK BIRTH - 5 MONTHS: 6-4 Fluid ounces 6 - 11 MONTHS: 6-4 Tablespoons infant cereal, meat, fish, poultry,	WHOLE WHEAT CEREAL SWEET POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK	CAULIFLOWER MASHED	GREEN BEANS	CARROTS FORMULA / BREAST MILK	GREEN BEANS FORMULA / BREAST MILK		
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 both EVENTHS: 0-2 tablespoons both EVENTHS: 4-6 Fluid ounces 6 - 11 MONTHS: 6-8 Fluid ounces hronstmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked	WHOLE WHEAT CEREAL SWEET POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK	CAULIFLOWER MASHED FORMULA / BREAST MILK FORMULA / BREAST MILK	GREEN BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK	CARROTS FORMULA / BREAST MILK FORMULA / BREAST MILK	GREEN BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK		
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yagurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespons vegetable or fruit or a combination of both EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces 6 - 11 MONTHS: 4-6 Fluid ounces 1 MONTHS: 0-4 fluid ounces infant cereal, meat, fish, poultry, whole egg, coaked dry beans or coaked dry peas; or 2 ounces of cheese; or 0-	WHOLE WHEAT CEREAL SWEET POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL	CAULIFLOWER MASHED	GREEN BEANS	CARROTS FORMULA / BREAST MILK	GREEN BEANS FORMULA / BREAST MILK		
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 both EVENTHS: 0-2 tablespoons both EVENTHS: 4-6 Fluid ounces 6 - 11 MONTHS: 6-8 Fluid ounces hronstmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked	WHOLE WHEAT CEREAL SWEET POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL	CAULIFLOWER MASHED FORMULA / BREAST MILK FORMULA / BREAST MILK	GREEN BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK	CARROTS FORMULA / BREAST MILK FORMULA / BREAST MILK	GREEN BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK		
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 both EVENING SNACK BIRTH - 5 MONTHS: 4-8 Fluid ounces 6 - 11 MONTHS: 4-8 Fluid ounces 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- 4 ounces (volume) cottage cheese; or 0.	WHOLE WHEAT CEREAL SWEET POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL	CAULIFLOWER MASHED FORMULA / BREAST MILK FORMULA / BREAST MILK	GREEN BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK	CARROTS FORMULA / BREAST MILK FORMULA / BREAST MILK	GREEN BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK		
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTH5: 0-2 tablespoons vegetable or fruit or a combination of both EVENING SNACK BIRTH - 5 MONTH5: 4-6 Fluid ounces 6 - 11 MONTH5: 4-6 Fluid ounces 6 - 11 MONTH5: 6-6 fluid ounces 6 - 10 MONTH5: 6-7 fluid ounces 7 - 0 A ounces (volume) cottage cheese: or 0 4 ounces (volume) cottage cheese: or 0	WHOLE WHEAT CEREAL SWEET POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL	CAULIFLOWER MASHED FORMULA / BREAST MILK FORMULA / BREAST MILK	GREEN BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK	CARROTS FORMULA / BREAST MILK FORMULA / BREAST MILK	GREEN BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK		



	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				
6 - 11 MONTHS: 6-8 Fluid ounces	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-		RICE CEREAL	OATMEAL CEREAL	MIXED CEREAL	MULTI GRAIN 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	PEARS	STRAWBERRY	APRICOT	PEARS	RASPBERRIES
both					
LUNCH BIRTH - 5 MONTHS: 4-6 Fluid ounces			T		1
6 - 11 MONTHS: 6-8 Fluid ounces	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-		OATMEAL CEREAL	RICE CEREAL	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					
vegetable or fruit or a combination of	PEAS	BROCCOLI	CARROTS	CORN	MIXED VEGETABLES
both					
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-		WHOLE WHEAT CEREAL	BARLEY CEREAL	RICE 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	BLUEBERRY/STRAWBERRY	APRICOT	TEETHING BISCUIT	CINNAMON APPLESAUCE	PRUNES
both					
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces			T		1
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK				
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-		MIXED CEREAL	MULTI GRAIN CEREAL	WHOLE WHEAT CEREAL	MIXED CEREAL
4 ounces (volume) cottage cheese; or 0-		MINED CEREME	MOLTI BRAIN CLREAL		
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons		STTD EDV VEGGTES	MACHED EDENCH EDTEC	TOMATO SOUP	CARRAGE
vegetable or fruit or a combination of both	SWEET PUTATO	STIR FRY VEGGIES	MASHED FRENCH FRIES		CABBAGE
EVENING SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces	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	MULTI GRAIN CEREAL	MIXED 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	APRICOTS	MANGO	PEARS	SPINACH	KIWI
			1		1



	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				
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK				
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry,					
hole 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
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					
regetable or fruit or a combination of	APRICOTS	STRAWBERRIES	RASPBERRIES	PEARS	PEACHES
both					
LUNCH IRTH - 5 MONTHS: 4-6 Fluid ounces					
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	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,					
vhole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0-	RICE CEREAL	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 IRTH - 5 MONTHS: 4-6 Fluid ounces			I		I
breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces	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-	BARLEY CEREAL	MIXED CEREAL	RICE CEREAL	WHOLE WHEAT 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 both	APPLESAUCE	BLUEBERRY APPLE	PEARS	BROCCOLI	SQUASH
DINNER		I	I		
SIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK				
breastmilk/formula	TORMOLA / DREADT MILLR	TORMOLA / DREADT MILLR	TORMOLA / DREADT MILLR	TORMOLA / DREADT MILER	TORMOLA / DREADT MILLR
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0-	MULTI GRAIN CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	BARLEY CEREAL	RICE CEREAL
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	GREEN BEANS	PEAS & CARROTS	CARROT	SPINACH	SWEET POTATO
both					
EVENING SNACK					
IRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces	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-	MIXED CEREAL	RICE CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MULTI GRAIN CEREAL
ary peas; or 2 ounces of cheese; or 0- 1 ounces (volume) cottage cheese; or 0-			WHOLE WRITER CEREAL	CALMERE VENERE	MULTI UNALIN CEREAL
4 ounces or 1/2 cup yogurt; or a					
		1			
combination of the above: and					
combination of the above: and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	TEETHING BISCUIT	BANANA	PEACHES	APPLESAUCE	PINEAPPLE PEAR



	Monday 2/27/23	Tuesday 2/28/23			
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	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-	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		1	1		
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK			
6 - 11 MONTHS: 6-8 Eluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK			
breastmilk/formula	TORMOLA / BREAST MILK	TORMOLA / DREAST 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-		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					
vegetable or fruit or a combination of	SWEET POTATO	CORN			
both					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces			1		
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-		MIXED CEREAL			
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons		MAYER VECCES			
vegetable or fruit or a combination of both	PRONES	MIXED VEGGIES			
DINNER		•	•	•	
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK			
6 - 11 MONTHS: 6-8 Eluid 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					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	WHOLE WHEAT 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	BROCCOLI	CARROT			
both					
EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK			
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK			
6 - 11 MONTHS: 0-4 tablespoons	I UNMULA / DREADI MILK	I UNMULA / DREADI MILK			
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-		MULTI GRAIN CEREAL			
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	PEARS	BLUEBERRIES/STRAWBERRY			
both					