

	Monday 1/2/23	Tuesday 1/3/23	Wednesday 1/4/23	Thursday 1/5/23	Friday 1/6/23
BREAKFAST					
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 6 - 11 MONTHS: 0-2 tablespoons	WHOLE WHEAT CEREAL	WHOLE GRAIN CEREAL	MULTIGRAIN	RICE CEREAL	MIXED CEREAL
vegetable or fruit or a combination of	PLUMS	PEACHES	APPLESAUCE	BLUEBERRIES	RASPBERRIES
LUNCH				•	<u> </u>
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTH5: 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	WHOLE GRAIN	OATMEAL CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CARROTS	GREEN BEANS	BROCOLLI	CORN	SWEET POTATO
PM SNACK				<u>, L</u>	
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 6 - 11 MONTHS: 0-2 tablespoons	MIXED CEREAL	BARLEY CEREAL	OATMEAL CEREAL	MULTI GRAIN CEREAL	RICE CEREAL
vegetable or fruit or a combination of	MIXED FRUIT	PINEAPPLE/PEAR	RASPBERRIES	BLUEBERRY/STRAWBERRY	PEAS



	Monday 1/9/23	Tuesday 1/10/23	Wednesday 1/11/23	Thursday 1/12/23	Friday 1/13/23
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 - 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	RICE CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL	MULTIGRAIN 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	APRICOTS	BANANAS	PEACHES	APPLESAUCE	BLUEBERRIES
both					
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula		The state of the s	- Cramedra y Brighter Madri	Total Control of the	
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	BARLEY CEREAL	RICE CEREAL	BARLEY CEREAL	OATMEAL CEREAL	WHOLE WHEAT 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	PEAS & CARROTS	MIXED VEGETABLES	CARROTS	PEAS	SQUASH
both					
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula	- Common / Discript Made	, common , backer , made	The state of the s	, common , backer, made	The state of the s
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	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 0-4	MIXED CEREAL	MIXED CEREAL	MIXED CEREAL	MULTI GRAIN CEREAL	MIXED CEREAL
ounces (volume) cottage cheese; or 0-4	MENCO VENERO	MERCO VEREND	Market Verene	MODIT ORNER OCKERS	MEACO GENERAL
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	PINEAPPLE/PEAR	SPINACH	APPLESAUCE	BROCOLLI	GREEN BEANS
both					



	Monday 1/16/23	Tuesday 1/17/23	Wednesday 1/18/23	Thursday 1/19/23	Friday 1/20/23
BREAKFAST					
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	MUTLIGRAIN CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	OATMEAL CEREAL	MIXED CEREAL
vegetable or fruit or a combination of both	BLUEBERRIES	STRAWBERRY/BANANA	PLUMS	RASPBERRIES	PEACHES
LUNCH		I			
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	OATMEAL CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CARROTS	APRICOTS	GREEN BEANS	PEAS	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	RICE CEREAL	BARLEY CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	WATERMELON	BLUEBERRIES	SPINACH	APPLESAUCE	PINEAPPLE/BLUEBERRY



	Monday 1/23/23	Tuesday 1/24/23	Wednesday 1/25/23	Thursday 1/26/23	Friday 1/27/23
BREAKFAST					
breastmik/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-	MULTIGRAIN CEREAL	RICE CEREAL	WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL	OATMEAL 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 both	MIXED FRUIT	APRICOTS	CINNAMON APPLESAUCE	PEARS	PEACHES
LUNCH					
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	WHOLE WHEAT CEREAL	BARLEY CEREAL	MIXED CEREAL	RICE CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CARROTS	ROASTED BEETS/PRUNES	APRICOTS	PEAS	GREEN BEANS
PM SNACK					
breastmik/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and		OATMEAL CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEARS	BANANA	SWEET POTATO	PINEAPPLE/BLUEBERRY	PEAS



	Monday 1/30/23	Tuesday 1/31/23		
BREAKFAST				
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK		
breastmilk/formula	TORMOLA / BREAST MILK	TORMOLA / 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	D-45 45D-44			
dry peas; or 2 ounces of cheese; or 0-4	RICE CEREAL	WHOLE WHEAT 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	DE 4 CLIEC	1145110000001 44451150		
vegetable or fruit or a combination of both	PEACHES	HASHBROWN MASHED		
LUNCH			<u> </u>	
BIRTH - 5 MONTHS: 4-6 Fluid ounces		I	Γ	
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	MULTIGRAIN 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	STRAWBERRY/BANANA	CORN		
both				
PM SNACK				
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK		
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		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				
vegetable or fruit or a combination of	CINNAMON APPLESAUCE	PRUNES		
both				
-	CINNAMON APPLESAUCE	PRUNES		