

		Wednesday 3/1/23	Thursday 3/2/23	Friday 3/3/23
BREAKFAST				
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 0-4		WHOLE WHEAT CEREAL	OATMEAL CEREAL CEREAL/EGG	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		RASPBERRIES (MASHED)	PEACHES	APRICOT
both				
LUNCH		T		
BIRTH - 5 MONTHS: 4-6 Fluid ounces 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 0-4		MULTIGRAIN CEREAL	WHOLE WHEAT 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		FRENCH FRIES	SWEET POTATO	PEAS
both				
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces		T	T	
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 0-4		OATMEAL 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		BANANA	PEAS	BLUEBERRIES
both				



	Monday 3/6/23	Tuesday 3/7/23	Wednesday 3/8/23	Thursday 3/9/23	Friday 3/10/23
BREAKFAST					
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
ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL/CHEERIOS	MIXED CEREAL	OATMEAL CEREAL/EGG	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	PLUMS	BANANA	BLUEBERRIES	BANANA APPLE	PEACHES
both					
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	BARLEY CEREAL	RICE CEREAL	MULTIGRAIN CEREAL/INFANT BEEF	WHOLE WHEAT CEREAL	MIXED CEREAL/BLACK BEANS
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	TATOR TOTS	BROCCOLI	BEETS	GREEN BEANS	SWEET POTATO
PM SNACK			1	1	
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/TEETHING BISCUIT	BARLEY CEREAL/EGG	WHOLE WHEAT CEREAL	BARLEY CEREAL	MULTIGRAIN CEREAL/WHOLE WHEAT TORTILLA
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PRUNES	BLUEBERRY/BANANA	TOMATO BISQUE SOUP	CINNAMON APPLESAUCE	STRAWBERRIES (MASHED)



	Monday 3/13/23	Tuesday 3/14/23	Wednesday 3/15/23	Thursday 3/16/23	Friday 3/17/23
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	TORMOCA / DREAD! MIER	TORMODA / DREAGT MEEK	TORMOLA / BREAST MILE	TORMOLA / DREAGT MILE	TORMODA / BREAST MILER
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					
	RICE CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL	MIXED CEREAL	OATMEAL 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	PEARS	ORANGES	HASHBROWNS	BLUEBERRIES
both					
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					
	BARLEY CEREAL/INFANT TURKEY	MIXED CEREAL/INFANT CHICKEN	RICE CEREAL	WHOLE WHEAT 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	CARROTE	APPLESAUCE	CORN	DE 4.6	CARROTS
vegetable or fruit or a combination of both	CARROTS	APPLESAUCE	CORN	PEAS	CARROTS
PM SNACK				1	
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					
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	OATMEAL CEREAL	MULTIGRAIN CEREAL	BARLEY CEREAL	MIXED CEREAL
ounces (volume) cottage cheese; or 0-4	MANCO CENERE	ON IMENE CENEME	MODITORATIV CEREAL	DANGE / GENERAL	MINED CENERE
ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons				MATURE VECETARIE (VECETARIE	
vegetable or fruit or a combination of	CHICKPEAS (MASHED)	BLUEBERRIES	APRICOTS	MIXED VEGETABLE/VEGETABLE	APRICOTS
both				SOUP	



	Monday 3/20/23	Tuesday 3/21/23	Wednesday 3/22/23	Thursday 3/23/23	Friday 3/24/23
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 - 11 MONTHS: 6-8 Fluid ounces	- Cramosky Shekey Mesic	TOTAL OF THE STATE	Totalion Francis	, chiller, phenor mesh	- Cramosit / Sherior initial
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	MULTIGRAIN CEREAL	OATMEAL CEREAL	MULTIGRAIN CEREAL	MIXED CEREAL/EGG	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	BLUEBERRIES	RASPBERRIES	PLUMS	PEACHES	PEACHES
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	TORMODA / BREAGT MEDIC	TORMODA / BREAGT MEDIC	TORMODA TORENOT MEDIC	TORMODA T DREAGT MEDIC	TORMODA / BREACT MEDIC
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	WHOLE WHEAT CEREAL/INFANT	OATMEAL CEREAL	RICE CEREAL/INFANT CHICKEN	WHOLE WHEAT CEREAL
ounces (volume) cottage cheese; or 0-4	MIXED GEREAD	HAM	OATMEAD GENEAD	ALGE GENERAL/ IN AINT GITGREIN	WHOLE WHEAT 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	CARROTS	BEETS	HASHBROWNS	PEAS	TOMATO SOUP
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 6 - 11 MONTHS: 6-8 Fluid ounces	- Cramosky Shekey Mesic	TOTAL OF THE STATE	Totalion Francis	Totalious y Diseason medic	- Cramosit / Sherior initial
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					
	BARLEY CEREAL/CHEESE CRACKERS	RICE CEREAL/CHEERIOS	BARLEY CEREAL	WHOLE WHEAT CEREAL/TEETHING	OATMEAL CEREAL
ounces (volume) cottage cheese; or 0-4	The second of th			BISCUIT	
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	BANANA	BLUEBERRIES	BANANA	BLUEBERRIES
both					



	Monday 3/27/23	Tuesday 3/28/23	Wednesday 3/29/23	Thursday 3/30/23	Friday 3/31/23
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	- Cramosky sites in mask	Total Control of the	Totalion Francis	Totaliosity sites in mask	POLITICAL PROPERTY OF THE PROP
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	WHOLE WHEAT	BARLEY CEREAL	MIXED CEREAL	OATMEAL CEREAL
ounces (volume) cottage cheese; or 0-4	RICE CEREAL	WHOLE WHEAT	BARLEY CEREAL	MIXED CEREAL	OATMEAL CEREAL
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	STRAWRERRY	APRICOTS	TATOR TOTS	AVOCADO	STRAWBERRIES
both	J NAW JERRY	7.11.200.10	TATOR TOTO	AVGGAGG	J HAW DEINIZES
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces		I	1	I	1
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces	500 W. II. A. / DD5 46T WTLK	FORMULA / BREAST MILK	FORMULA / PREACT MILK	FORMULA / BREAST MILK	FORMULA / BREACT 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	OATMEAL CEREAL	BARLEY CEREAL	RICE CEREAL	WHOLE WHEAT 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					
	AVOCADO (MASHED)	SPINACH	BAKED BEANS	COLLARD GREENS	PEAS
both					<u> </u>
PM SNACK		T	1	1	
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	MIXED CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT 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	BANANA	PEARS	BANANA	MANGOES	SPINACH
both					