

	Monday 4/3/23	Tuesday 4/4/23	Wednesday 4/5/23	Thursday 4/6/23	Friday 4/7/23
BREAKFAST	Monday 473723	Tuesday 4/4/23	Wednesday 4/3/23	mui suuy 470723	111duy 4/7/23
3IRTH - 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-	WHOLE WHEAT CEREAL	MIXED CEREAL	MULTI GRAIN CEREAL	RICE 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	STDAWBEDDTES	PEACHES	APPLESAUCE	BLUEBERRIES	RASPBERRIES
both				DEUEDERRIED	KAOI DERRIEO
AM 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
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-	RICE CEREAL	OATMEAL CEREAL/YOGURT	MIXED CEREAL/EGG	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	PEACHES	TEETHING BISCUITS	APRICOT	PEARS	PLUM
LUNCH		1	1		I
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					RICE CEREAL/PINTO BEANS
dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0-	BARLEY CEREAL	MULTI GRAIN CEREAL	WHOLE WHEAT CEREAL	MIXED CEREAL/INFANT CHICKEN	RICE CEREAL/PINTO BEANS
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons	DEAC	CHIEFT BOT 4TO		PROCEELT	(OD)
vegetable or fruit or a combination of both	FEAD	SWEET POTATO	MIXED VEGETABLES	BROCCOLI	CORN
PM SNACK			·		
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-	MIXED CEREAL	RICE CEREAL	OATMEAL CEREAL/GRAHAM	WHOLE WHEAT CEREAL	MIXED CEREAL
4 ounces (volume) cottage cheese; or 0-			CRACKERS		
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 & BLUEBERRY	PLUM	KIWI	TEETHING BISCUIT	CARROT
both					
		1		1	
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	CAROLA / DACADI MILA	SUMULA / DECAOI MILK	ONTOUR / UNLAGI MILK	, SINNUL / DECADI MILLE	SAMULA / DREADI 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	BARLEY CEREAL	RICE CEREAL/FISH	OATMEAL CEREAL	WHOLE WHEAT CEREAL
4 ounces (volume) cottage cheese; or 0-					
4 ounces or 1/2 cup yogurt; or a				1	
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons					
6 - 11 MONTHS: U-2 tablespoons vegetable or fruit or a combination of	ZUCCHINI	CARROTS	SPINACH	SWEET PEAS	GREEN BEANS
both					
EVENING SNACK					1
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	CAROLA / DACADI MILA	SUMULA / DECAOI MILK	ONTOUR / UNLAGI MILK	, SINNUL / DECADI MILLE	SUMULA / DREADI MILK
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked					
	OATMEAL CEREAL	WHOLE WHEAT CEREAL	MIXED CEREAL	MULTI GRAIN CEREAL	BARLEY CEREAL/YOGURT
		1		1	
4 ounces (volume) cottage cheese; or 0					
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 abave; and					
4 ounces (volume) cottage cheese; or 0		CRUSHED PINEAPPLE	BLUEBERRY APPLE	PEACHES	APPLESAUCE



	Monday 4/10/23	Tuesday 4/11/23	Wednesday 4/12/23	Thursday 4/13/23	Friday 4/14/23
BREAKFAST			·	•	
SIRTH - 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-	WHOLE WHEAT CEREAL	BARLEY CEREAL	MULTI GRAIN CEREAL	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	PLUMS	PEACHES	CINNAMON APPLESAUCE	BLUEBERRIES	RASPBERIES
both					
AM 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	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-	RICE CEREAL	MIXED CEREAL	RICE CEREAL	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	AVOCADO	PRUNES	STRAWBERRY BANANA	PEARS	PEA SOUP
both					
LUNCH					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					
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	WHOLE WHEAT CEREAL/FISH	OATMEAL CEREAL	MIXED CEREAL	MULTI GRAIN CEREAL
4 ounces (volume) cottage cheese; or 0		STICKS	or mene denene	Marico ocilicito	
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons		CHEET DOT 1TO	704 170 0010		
vegetable or fruit or a combination of both	PEAS & CARROIS	SWEET POTATO	TOMATO SOUP	MUSHROOMS	YELLOW SQUASH
PM SNACK					
PTDTU - 5 MONITUS 4 4 Eluid					
BIRTH - 5 MONTHS: 4-6 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
	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK 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 6 - 11 MONTHS: 0-4 tablespoons					
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry,					
breastmilk/formula 6 - 11 MONTH5: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked	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 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-					
breastmilk/formula 6 - 11 MONTH5: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6 - 6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 0-aunces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yagurt; or a combination of the above; and	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 6 - 11 MONTHS: 0-4 tablespoons infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (oulmout) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the dow; and 6 - 11 MONTHS: 0-2 tablespoons	FORMULA / BREAST MILK MIXED CEREAL	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL	FORMULA / BREAST MILK
breastmill/formula 6 - 11 MONTHS: 0-4 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 hablespons infant careal, 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 tablespons vegetable or fruit or a combination of	FORMULA / BREAST MILK MIXED CEREAL	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmill/formula 6 - 11 MONTHS: 6 + Bluid ounces breastmill/formula 6 - 11 MONTHS: 0 + tablespoons infant creal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (onlune) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons	FORMULA / BREAST MILK MIXED CEREAL	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 04 tablespoons infant creal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheest; or 0 4 ounces (volume) cottage cheese; or 0 4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the dove; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or firit or a combination of both DINNER	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI	FORMULA / BREAST MILK RICE CEREAL MANGO	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT	FORMULA / BREAST MILK WHOLE WHEAT CEREAL
breastmilk/formula 6 - 11 MONTHS: 6 - 8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 hablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (volume, contage, cheese; or 0 4 ounces of uncest or list of the above; and 6 - 11 MONTHS: 0-2 hablespoors vegetable or fruit or a combination of bath DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK MIXED CEREAL	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry pess: or 2 ounces of chees; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons both breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI	FORMULA / BREAST MILK RICE CEREAL MANGO	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT	FORMULA / BREAST MILK WHOLE WHEAT CEREAL
breastmilk/formula 6 - 11 MONTHS: 6-3 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 hablespoors infart careal, meat, fish, poultry, whole egg, cocked dry beans or cocked dry peas, or 2 ounces of cheese; or 0 4 ounces (volume, contage, cheese; or 0 4 ounces of volumes of the above; and 6 - 11 MONTHS: 0-2 hablespoors vegetable or fruit or a combination of bath DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6 4 Pluid aunces breastmilk/formula 6 - 11 MONTHS: 6 4 Pluid aunces infant cereal, meat, fah, poultry, whole egg, cooked dry beans or cooked dry peas: or 2 ounces of cheese: or 0 4 ounces or 1/2 cup yogurt: or a combination of the above: and 6 - 11 MONTHS: 0-2 Tablespoons brantmilk/formula 6 - 11 MONTHS: 6 4 Pluid aunces breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespoons infant cereal, meat, fah, poultry,	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6 4 Thablespons infant creat, meat, fish, poultry, whole egg, coaked dry beans or coaked dry pass; or 2 ounces of cheese; or 0 4 ounces (volume) cottage cheese; or 0 4 ounces or U/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespons vegetable or fruit or a combination of bath DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons vegetable and the stablespons breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons vegetable and tablespons breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons infant careal, meat, fish, poultry, whole egg, coaked dry beans or cocked	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL AVOCADO FORMULA / BREAST MILK FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid ounces infant careal, meat, fish, poultry, whole egg, cooked dry beams or cooked dry pess; or 2 ounces of chess; or 0 4 ounces or 1/2 cup sogrt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespons tegetable of rinut or a combination both DENNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons infant careal, meat, fish, poultry, whole egg, cooked dry beams or cooked or paes; or 2 ounces of chess; or 0-	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmill/formula 6 - 11 MONTHS: 6 4 Fluid unces breastmill/formula 6 - 11 MONTHS: 6 4 Fluid unces infant creat meat, fuit, poultry, whole egg, cooked dry beans or cooked 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 Hablespoors vegetable or fruit or a combination of bath DINNER BITH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmill/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 Fluid ounces contact of the output of the output of 1 mont creat meat, fuit, poultry, whole egg, cooked dry beans or cooked dry pass, or 2 ounces of cheese; or 0 ounces (volume) cottage cheese; or 0	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL AVOCADO FORMULA / BREAST MILK FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0 - 1 tablespoons infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas: or 2 ounces of chees; 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 DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0 - 4 tablespoons infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of chees; or 0.	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL AVOCADO FORMULA / BREAST MILK FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid aunces breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid aunces infant creat, nest, fish, poultry, whole egg, cooked dry beans or cooked dry pass; or 2 ounces of cheese; or 0 4 ounces (orlume) 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 DINNER BIRTH - 5 MONTHS: 0-4 fablespoons breastmilk/formula 6 - 111 MONTHS: 0-4 tablespoons - 4 ounces (orlume, and, fish, poultry, whole egg, cooked dry beans or cooked dry pass; or 2 ounces of cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL	FORMULA / BREAST MILK WHOLE WHEAT CEREAL AVOCADO FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL
breastmilk/formula 6 - 11 MONTHS: 6 - 6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0 - 1 tablespoors infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 4 ounces (volume) cottage chesse: or 0 4 ounces or 1/2 cup oygert; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoors vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-4 tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 4 ounces or 1/2 cup oygurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoors	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL AVOCADO FORMULA / BREAST MILK FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid unces breastmilk/formula 6 - 11 MONTHS: 6 4 Thablespoors infant creat neat, fish, politry, whole egg, cooked dry beans or cooked a cunces (volume) cottage cheese: or O 4 cunces (volume) cottage cheese: or O 4 cunces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0.4 Thablespoors vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4.6 Fluid cunces breastmilk/formula 6 - 11 MONTHS: 0.4 Thablespoors 4 cunces or 1/2 cup yogurt; or a 4 cunces or Lot bablespoors breastmilk/formula 6 - 11 MONTHS: 0.5 Thablespoors 4 cunces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0.2 Tablespoors	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL	FORMULA / BREAST MILK WHOLE WHEAT CEREAL AVOCADO FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL
breastmil//formula 6 - 11 MONTHS: 6 4 F livid ounces breastmil//formula 6 - 11 MONTHS: 0 - 1 tablespoors infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas: or 2 ounces of cheese; or 0 4 ounces or 1/2 cup yogyrt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoors vegetable or fruit or a combination or both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoors infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-4 tablespoors infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-2 tablespoors infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-2 tablespoors infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-2 tablespoors vegetable or fruit or a combination of both EVENING SNACK	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL SWEET POTATO	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL PEAS	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL MASHED POTATO	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL BAKED BEANS	FORMULA / BREAST MILK WHOLE WHEAT CEREAL AVOCADO FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL BROCCOLI
breastmil//formula 6 - 11 MONTHS: 6 4 Filuid ounces breastmil//formula 6 - 11 MONTHS: 0 - 1 tablespoors infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas: or 2 ounces of cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoors vegetable or fruit or a combination or both DINNER BIRTH - 5 MONTHS: 4-5 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoors infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 4 ounces of cheese; or 0 4 ounces of cheese; or 0 4 ounces of cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoors vegetable or fruit or a combination of both EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL SWEET POTATO	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL	FORMULA / BREAST MILK WHOLE WHEAT CEREAL AVOCADO FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL
breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid aunces breastmilk/formula 6 - 11 MONTHS: 6 4 The Ablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas: or 2 ounces of chess: or 0. 4 ounces or 1/2 cup yogurt: or a combination of the above: and 6 - 11 MONTHS: 0-2 Tablespoors vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 4 peas: or 2 ounces of chess; or 0. 4 ounces or 1/2 cup yogurt: or a combination of the above: and 6 - 11 MONTHS: 0-2 Tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 4 ounces or 1/2 cup yogurt: or a combination of the above: and 6 - 11 MONTHS: 0-2 Tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 4 ounces or 1/2 cup yogurt: or a combination of the above: and 6 - 11 MONTHS: 0-2 Tablespoors both EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespoors both 6 - 11 MONTHS: 0-4 Tablespoors both 0 - 11 MONTHS: 0-4 fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-5 4 fluid ounces	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL SWEET POTATO	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL PEAS	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL MASHED POTATO	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL BAKED BEANS	FORMULA / BREAST MILK WHOLE WHEAT CEREAL AVOCADO FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL BROCCOLI
breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid ounces infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry pess; 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 tablespons breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons infart cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry pass; or 2 ounces of cheese; or 0- 4 ounces or 2/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespons infart cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry pass; or 2 ounces of cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-5 tablespons beath EVENING SAACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 4-5 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL SWEET POTATO FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL PEAS FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL MASHED POTATO FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL BAKED BEANS FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL AVOCADO FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL BROCCOLI FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid aunces breastmilk/formula 6 - 11 MONTHS: 6 4 The Ablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas: or 2 ounces of chess: or 0. 4 ounces or 1/2 cup yogurt: or a combination of the above: and 6 - 11 MONTHS: 0-2 Tablespoors vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 4 peas: or 2 ounces of chess; or 0. 4 ounces or 1/2 cup yogurt: or a combination of the above: and 6 - 11 MONTHS: 0-2 Tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 4 ounces or 1/2 cup yogurt: or a combination of the above: and 6 - 11 MONTHS: 0-2 Tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 4 ounces or 1/2 cup yogurt: or a combination of the above: and 6 - 11 MONTHS: 0-2 Tablespoors both EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespoors both 6 - 11 MONTHS: 0-4 Tablespoors both 0 - 11 MONTHS: 0-4 fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-5 4 fluid ounces	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL SWEET POTATO FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL PEAS FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL MASHED POTATO FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL BAKED BEANS FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL AVOCADO FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL BROCCOLI FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6 - 6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6 - 7 Fluid ounces infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry pess: or 2 - ounces of chess: or 0- 4 - ounces or 1/2 - our yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-2 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-2 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-2 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked breastmilk/formula 6 - 11 MONTHS: 0-2 tablespoons both EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 fluid ounces breastmilk/formula	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL SWEET POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL PEAS FORMULA / BREAST MILK FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL MASHED POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL BAKED BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL AVOCADO FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK
breastmilk/Grmula breastmilk/Grmula 6 - 11 MONTHS: 6 4 Filid vances; breastmilk/Grmula 6 - 10 ANTHS: 6 4 Filid vances; infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of 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 DINNER BIRTH - 5 MONTHS: 46 Filid ounces breastmilk/Grmula 6 - 11 MONTHS: 0-4 Tablespoons infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 4 ounces or 1/2 cup ochese; or 0- 4 ounces or 1/2 cup ochese; or 0- both breastmilk/Grmula 6 - 11 MONTHS: 0-4 Tablespoons infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-4 Tablespoons both breastmilk/Grmula 6 - 11 MONTHS: 0-4 Tablespoons both breastmilk/Grmula 6 - 11 MONTHS: 0-4 Tablespoons infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 0 - 11 MONTHS: 0-4 Tablespoons infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked of 1 downths: 0-4 tablespoons infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL SWEET POTATO FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL PEAS FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL MASHED POTATO FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL BAKED BEANS FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL AVOCADO FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL BROCCOLI FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid ounces infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry pest; or 2 ounces of cheses; or 0 4 ounces or L/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespons wegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry pass; or 2 ounces of cheses; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-4 tablespons infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry pass; or 2 ounces of cheses; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-4 tablespons breastmilk/formula 6 - 11 MONTHS: 0-4 tab	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL SWEET POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL PEAS FORMULA / BREAST MILK FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL MASHED POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL BAKED BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL AVOCADO FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK
breastmil//formula 6 - 11 MONTHS: 6 - 6 Fluid ounces breastmil//formula 6 - 11 MONTHS: 0-1 tablespoors infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoors vegetable or fruit or a combination of bath DINNER BIRTH - 5 MONTHS: 4-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoors infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-4 tablespoors infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-4 tablespoors infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-4 fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoors infart cereal, meat, fish, poultry, wegetable or fruit or a combination of bath EVENTIG SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 fluid ounces	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL SWEET POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL PEAS FORMULA / BREAST MILK FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL MASHED POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL BAKED BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL AVOCADO FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6 4 Fluid ounces infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry pest; or 2 ounces of cheses; or 0 4 ounces or L/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespons wegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry pass; or 2 ounces of cheses; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-4 tablespons infart cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry pass; or 2 ounces of cheses; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-4 tablespons breastmilk/formula 6 - 11 MONTHS: 0-4 tab	FORMULA / BREAST MILK MIXED CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL SWEET POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL MANGO FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL PEAS FORMULA / BREAST MILK FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL MASHED POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL TEETHING BISCUIT FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL BAKED BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK WHOLE WHEAT CEREAL AVOCADO FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK



	Monday 4/17/23	Tuesday 4/18/23	Wednesday 4/19/23	Thursday 4/20/23	Friday 4/21/23
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	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula	FORMULA / BREAST MILL	FORMOLA / BREAST MILK	FORMOLA / BREAST MILK	FORMULA / BREAST MILL	FORMULA / BREAST MILL
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	MULTI GRAIN CEREAL	OATMEAL CEREAL	MIXED 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		PEARS	BANANA	PINEAPPLE	STRAWBERRIES
both	DEDEDERRIES	TEARS	DAINAINA		
AM 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
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- l ounces (volume) cottage cheese; or 0		RICE CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL	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	PLUMS	RASPBERRIES	PEACHES	BLUEBERRY BANANA	APPLESAUCE
both	l				
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-	MIXED CEREAL	OATMEAL CEREAL	MULTI GRAIN 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	CORN	SUMMER SQUASH	BROCCOLI	LIMA BEANS	TATOR TOTS
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					
	1				
dry peas; or 2 ounces of cheese; or 0-		WHOLE WHEAT CEREAL	MIXED CEREAL	OATMEAL CEREAL	BARLEY CEREAL
4 ounces (volume) cottage cheese; or 0		WHOLE WHEAT CEREAL	MIXED CEREAL	OATMEAL CEREAL	BARLEY CEREAL
		WHOLE WHEAT CEREAL	MIXED CEREAL	OATMEAL 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					
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	MIXED CEREAL	OATMEAL CEREAL	BARLEY CEREAL
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 tablespoons vegetable or fruit or a combination of both DINNER	CINNAMON APPLESAUCE				
t 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 tablespoons vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces	CINNAMON APPLESAUCE				
t 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 tablespoons vegetable or fruit or a combination of both DINNER	CINNAMON APPLESAUCE FORMULA / BREAST MILK	PLUM FORMULA / BREAST MILK	VEGETABLE SOUP FORMULA / BREAST MILK	APRICOT FORMULA / BREAST MILK	HUMMUS/GARBANZO BEANS
4 ounces (volume) cottage cheese: or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTH-5: 0-2 tablespoons vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTH-5: 4-6 Fluid ounces breastmilk/formula	CINNAMON APPLESAUCE	PLUM	VEGETABLE SOUP	APRICOT	HUMMUS/GARBANZO BEANS
4 ounces (volume) cottage cheese: cr 0 4 ounces or 1/2 cup yegurt; or a combination of the above; and 6 - II MONTHS: 0-2 tablespons vegetable or fruit or a combination of both BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - II MONTHS: 6-8 Fluid ounces	CINNAMON APPLESAUCE FORMULA / BREAST MILK	PLUM FORMULA / BREAST MILK	VEGETABLE SOUP FORMULA / BREAST MILK	APRICOT FORMULA / BREAST MILK	HUMMUS/GARBANZO BEANS
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 tablespoors vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked	CINNAMON APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK	PLUM FORMULA / BREAST MILK FORMULA / BREAST MILK	VEGETABLE SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK	APRICOT FORMULA / BREAST MILK FORMULA / BREAST MILK	HUMMUS/GARBANZO BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK
4 ounces (volume) cottage cheese: cro 0 4 ounces or 1/2 cup yagurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespons both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons infant cereal, meat, fish, poultry, whole egg, cooked dry bears or coked dry peas; or 2 ounces of cheese; or 0-	CINNAMON APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL	PLUM FORMULA / BREAST MILK	VEGETABLE SOUP FORMULA / BREAST MILK	APRICOT FORMULA / BREAST MILK	HUMMUS/GARBANZO BEANS
4 ounces of local drage cheese: or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTH5: 0-2 Hablespoons vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTH5: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-4 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-4 Hablespoons infant creang, meat, fish, poultry, whole gag, cooked dry beans or cooked dry pass; or 2 ounces of cheese; or 0- d ounces (volume) cottage cheese; or 0-	CINNAMON APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL	PLUM FORMULA / BREAST MILK FORMULA / BREAST MILK	VEGETABLE SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK	APRICOT FORMULA / BREAST MILK FORMULA / BREAST MILK	HUMMUS/GARBANZO BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK
to unces (volume) cottage cheese: or 0 4 ounces on 1/2 cup yogurt; or a combination of the above: and 6 - 11 MONTHS: 0-2 tablespoons vegatable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, polity, whole egg, cooked dry beans or cooked 6 - 110 NONTHS: 0-4 tablespoons infant cereal, meat, fish, polity, whole egg, cooked dry beans or cooked 4 ounces or 1/2 cup yogurt; or a combination of the above: and	CINNAMON APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL	PLUM FORMULA / BREAST MILK FORMULA / BREAST MILK	VEGETABLE SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK	APRICOT FORMULA / BREAST MILK FORMULA / BREAST MILK	HUMMUS/GARBANZO BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK
4 ounces (volume) cottage cheese: or 0 4 ounces or V2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 hablespons wegatable of rutu or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 hablespons infant cereal, meat, fish, poultry, whole agg, cocked dry bears or cooked dry paes; or 2 ounces of cheese; or 0 4 ounces (volume) cottage cheese; or 6 - 0 unces (volume) cottage cheese; or 6 - 11 MONTHS: 0-2 tablespons	CINNAMON APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL	PLUM FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL	VEGETABLE SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL	APRICOT FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL
t ounces (volume) cottage cheese: or 0 4 ounces on 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 DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Fluid ounces consect young; consect dry bears or concled dry pass; or 2 ounces of 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	CINNAMON APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL	PLUM FORMULA / BREAST MILK FORMULA / BREAST MILK	VEGETABLE SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK	APRICOT FORMULA / BREAST MILK FORMULA / BREAST MILK	HUMMUS/GARBANZO 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 tablespons wegetable of rule or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-9 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-9 Fluid ounces of a cup of the ounces breastmilk/formula 6 - 11 MONTHS: 6-9 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-2 tablespons vegetable or fruit or a combination of both EVENING SNACK	CINNAMON APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROTS	PLUM FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL	VEGETABLE SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL	APRICOT FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK 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 tablespons wegetable of rule or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-9 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-9 Fluid ounces of a cup of the ounces breastmilk/formula 6 - 11 MONTHS: 6-9 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-2 tablespons vegetable or fruit or a combination of both EVENING SNACK	CINNAMON APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROTS	PLUM FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL	VEGETABLE SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL	APRICOT FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL
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 tablespoors vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-4 tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 4 ounces or 1/2 cup yagurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoors vegetable or fruit or a combination of both EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	CINNAMON APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROTS	PLUM FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CORN FORMULA / BREAST MILK	VEGETABLE SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL ZUCCHINI	APRICOT FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL MIXED VEGETABLES FORMULA / BREAST MILK	HUMMUS/GARBANZO BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CARROTS
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 tablespons both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons infant cereal, meat, fish, poultry, whole agg, cocked dry bears or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces of volcespons to 1 2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespons both EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	CINNAMON APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROTS FORMULA / BREAST MILK	PLUM FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CORN	VEGETABLE SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL ZUCCHINI FORMULA / BREAST MILK	APRICOT FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL MIXED VEGETABLES	HUMMUS/GARBANZO BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CARROTS 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 tablespoors vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-4 tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 4 ounces or 1/2 cup yagurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoors vegetable or fruit or a combination of both EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	CINNAMON APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROTS FORMULA / BREAST MILK	PLUM FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CORN FORMULA / BREAST MILK	VEGETABLE SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL ZUCCHINI FORMULA / BREAST MILK	APRICOT FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL MIXED VEGETABLES FORMULA / BREAST MILK	HUMMUS/GARBANZO BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CARROTS FORMULA / BREAST MILK
4 cunces (volume) cottage cheese: cro 0 4 cunces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespons both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons infant cereal, meat, fish, poultry, whole sgg, cosked dry bears or cosked 4 cunces or 1/2 cup yogurt; 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 breastmilk/formula 6 - 11 MONTHS: 0-4 fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 fluid ounces breastmilk/formula	CINNAMON APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROTS FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CORN FORMULA / BREAST MILK FORMULA / BREAST MILK	VEGETABLE SOUP         FORMULA / BREAST MILK         FORMULA / BREAST MILK         RICE CEREAL         ZUCCHINI         FORMULA / BREAST MILK         FORMULA / BREAST MILK         FORMULA / BREAST MILK	APRICOT FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL MIXED VEGETABLES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK GORMULA / BREAST MILK MIXED CEREAL CARROTS 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 wegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 4 ounces or 1/2 cup yagurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 4 ounces or 1/2 cup yagurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespons EVENTIG SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0	CINNAMON APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROTS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL	PLUM FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CORN FORMULA / BREAST MILK	VEGETABLE SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL ZUCCHINI FORMULA / BREAST MILK	APRICOT FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL MIXED VEGETABLES FORMULA / BREAST MILK	HUMMUS/GARBANZO BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CARROTS 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 both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons infant careal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces or 1/2 cup yagurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespons both EVENING ShACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula	CINNAMON APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROTS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CORN FORMULA / BREAST MILK FORMULA / BREAST MILK	VEGETABLE SOUP         FORMULA / BREAST MILK         FORMULA / BREAST MILK         RICE CEREAL         ZUCCHINI         FORMULA / BREAST MILK         FORMULA / BREAST MILK         FORMULA / BREAST MILK	APRICOT FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL MIXED VEGETABLES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK GORMULA / BREAST MILK MIXED CEREAL CARROTS FORMULA / BREAST MILK FORMULA / BREAST MILK
4 aunces or V2 cup squirt, or a combination of the above; and 6 - 11 MONTHS: 0-2 hobiespons vegetable of rivut or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid aunces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid aunces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid aunces and the state of the state of the state of the state of the state of the state whole sqs, cosked dry bears or cooked dry pass; or 2 ounces of chesse; or 0 4 ounces or 1/2 cup squirt; or a combination of the above; and 6 - 11 MONTHS: 6-4 Fluid aunces breastmilk/formula 6 - 11 MONTHS: 0-4 thobiespons BIRTH - 5 MONTHS: 6-4 Fluid aunces breastmilk/formula 6 - 11 MONTHS: 0-4 thobiespons combination of the above; and 6 - 11 MONTHS: 0-4 thobiespons breastmilk/formula 6 - 11 MONTHS: 0-4 thobiespons conces (rolume) cottage cheese: or 0 aunces (rolume) cottage cheese: or 0 aunces or 1/2 cup squirt; or a conces or 1/2 cup squirt; or a combination of the above; and	CINNAMON APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROTS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CORN FORMULA / BREAST MILK FORMULA / BREAST MILK	VEGETABLE SOUP         FORMULA / BREAST MILK         FORMULA / BREAST MILK         RICE CEREAL         ZUCCHINI         FORMULA / BREAST MILK         FORMULA / BREAST MILK         FORMULA / BREAST MILK	APRICOT FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL MIXED VEGETABLES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK GORMULA / BREAST MILK MIXED CEREAL CARROTS 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 tablespons yegatable of rule or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons infant cereal, meat, fish, poultry, whole egg, cocked dry bears or cocked 6 - 11 MONTHS: 0-2 tablespons i of a curces of cheese: or 0 4 ounces or 1/2 cup yogurt: or a combination of the above: and 6 - 11 MONTHS: 0-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-2 tablespons to the curces of the curces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons function of the above: and 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 fluid ounces breastmilk/formula 7 - 11 MONTHS: 0-4 fluid ounces 7 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -	CINNAMON APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROTS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CORN FORMULA / BREAST MILK FORMULA / BREAST MILK	VEGETABLE SOUP         FORMULA / BREAST MILK         FORMULA / BREAST MILK         RICE CEREAL         ZUCCHINI         FORMULA / BREAST MILK         FORMULA / BREAST MILK         FORMULA / BREAST MILK	APRICOT FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL MIXED VEGETABLES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK GORMULA / BREAST MILK MIXED CEREAL CARROTS FORMULA / BREAST MILK FORMULA / BREAST MILK



both

	Manday 1/21/22	Tuesday 1/25/22	Madnardov 1/26/22	Thursday 1/27/22	Enidor 1/20/22
BREAKFAST	Monday 4/24/23	Tuesday 4/25/23	Wednesday 4/26/23	Thursday 4/27/23	Friday 4/28/23
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-	OATMEAL CEREAL	MIXED CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL
4 ounces (volume) cottage cheese; or 0	1				
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	MIXED BERRIES	STRAWBERRIES	APRICOTS	PLUMS
AM 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-	WHOLE WHEAT CEREAL	MULTI GRAIN CEREAL	WHOLE WHEAT CEREAK	RICE 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	WATEMELON	PINEAPPLE BANANA	HONEYDEW MELON (MASHED)	PEACHES & BLUEBERRIES	BANANA
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	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	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 both	GREEN BEANS	CORN	SWEET PEAS	CARROTS	SUMMER SQUASH
PM SNACK		L.	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	TORMOLA / DREAST MILL	TORMOLA / DREAST MILK	TORMOLA / DREADT MILK	TORMOLA / DREAST MILK	TORMOLA / DREADT MILK
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0-		WHOLE WHEAT CEREAL	RICE CEREAL	MULTI GRAIN 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	APPLESAUCE	BANANA	BLUEBERRIES	MANGO	TEETHING BISCUIT
DINNER		l.		L	
3IRTH - 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					
whole egg, cooked ary beans or cooked dry peas; or 2 ounces of cheese; or 0-	MIXED CEREAL/INFANT TURKEY	RICE CEREAL	MULTI GRAIN CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL
4 ounces (volume) cottage cheese; or O					
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	SWEET POTATO	TOMATO SOUP	BAKED BEANS	BROCCOLI
EVENING SNACK					
EVENING 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,					
	1		HTYER CEREM		
whole egg, cooked dry beans or cooked			MIXED CEREAL	BARLEY CEREAL	RICE CEREAL
dry peas; or 2 ounces of cheese; or 0-		OATMEAL CEREAL	marico ocilerio		
dry peas; or 2 ounces of cheese; or 0-		UATMEAL CEREAL			
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		UAIMEAL CEREAL			
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		PEACHES	PRUNES	STRAWBERRIES	APPLESAUCE



BREAKFAST BIRTH - 5 MONTHS: 4-6 Fluid ounces					
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces					
	1				
6 - 11 MONTHS: 0-4 tablespoons	<u> </u>				
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					
vegetable or fruit or a combination of					
AM SNACK	<u> </u>				
BIRTH - 5 MONTHS: 4-6 Fluid ounces	1				
breastmilk/formula					
6 - 11 MONTHS: 6-8 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- 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					
LUNCH		1	1	1	1
BIRTH - 5 MONTHS: 4-6 Fluid ounces	I				
breastmilk/formula	J				
6 - 11 MONTHS: 6-8 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-	1				
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					
vegetable or truit or a combination of					
both	1				
PM SNACK					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces					
PM SNACK					
PM SNACK BIRTH - 5 MONTH5: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 6-8 Fluid ounces breastmilk/formula					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry,					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilik/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilik/formula 6 - 11 MONTHS: 0-4 tablespoors infant creal, meat, risk, polutry, whole egg, coked dry beans or coked dry peas: or 2 ounces of chease: or 0- 4 ounces (volume) cottage chease; or 0-					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 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- 4 ounces or 1/2 cup vogurt; or a					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilik/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilik/formula 6 - 11 MONTHS: 0-4 tablespoors infant creal, meat, risk, polutry, whole egg, coked dry beans or coked dry peas: or 2 ounces of chease: or 0- 4 ounces (volume) cottage chease; or 0-					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg. cocked 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 vegetable or fruit or a combination of					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoors infont creas, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (ounce) cottage cheese; ounces (ounce) cottage cheese; or 0- 4 ounces (ounce) cottage cheese; or 0- 4 ounces (ounce) cottage cheese; or 0- 4 o					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 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 O 4 ounces (volume) cottage cheese; or O 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 DINNER					
PM         SNACK           BIRTH - 5         MONTHS: 4-6 Fluid ounces           breastmilk/formula         6 - 11 MONTHS: 6-8 Fluid ounces           breastmilk/formula         6 - 11 MONTHS: 0-4 Fluid ounces           infant careal, meat, fish, politry,         whole egg, cooked dry beans or cooked dry pass; or 2 ounces of chease; or 0-4 ounces (volume) cottage chease; or 0-4 ounces (volume) cottage chease; or 0-11 MONTHS: 0-2 tablespoors           vegetable or fruit or a combination of the above; and         6 - 11 MONTHS: 0-2 tablespoors           Vegetable or fruit or a combination of bab         bath           DINNER         BIRTH - 5 MONTHS: 4-6 Fluid ounces					
PM         SNACK           BIRTH - 5 MONTH5: 4-6 Fluid ounces         breastmilk/formula           6 - 11 MONTH5: 6-8 Fluid ounces         breastmilk/formula           6 - 11 MONTH5: 0-4 tablespons         infant cereal, meat, fish, polltry,           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 (volume) cottage cheese; or 0-2 ounces of cheese; and         6 - 11 MONTH5: 0-2 tablespons           vegetable or fruit or a combination of the above; and         both         DINNER           BIRTH - 5 MONTH5: 4-6 Fluid ounces         breastmilk/formula         6 - 11 WONTH5: 0-8 Fluid ounces					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant creal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage che					
PM         SNACK           BIRTH - 5 MONTH5: 4-6 Fluid ounces         breastmilk/formula           6 - 11 MONTH5: 6-8 Fluid ounces         breastmilk/formula           6 - 11 MONTH5: 0-4 tablespons         infant cereal, meat, fish, polltry,           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 (volume) cottage cheese; or 0-2 ounces of cheese; and         6 - 11 MONTH5: 0-2 tablespons           vegetable or fruit or a combination of the above; and         both         DINNER           BIRTH - 5 MONTH5: 4-6 Fluid ounces         breastmilk/formula         6 - 11 WONTH5: 0-8 Fluid ounces					
PM SNACK BIRTH - 5 MONTH5: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-4 tablespoons infant careal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (or lune) cottage cheese; or 0 4 ounces (or lune) 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 DINNER BIRTH - 5 MONTH5: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-4 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked					
PM SNACK BIRTH - 5 MCNTH5: 4-6 Fluid ounces breastmilik/formula 6 - 11 MONTH5: 6-8 Fluid ounces breastmilik/formula 6 - 11 MONTH5: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cocked dry beans or cooked dry peas; or 2 ounces of chease; or 0- 4 ounces (volume) cottage chease; or 0- 4 ounces (volume) cottage chease; 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 DINNER BIRTH - 5 MONTH5: 6-6 Fluid ounces breastmilik/formula 6 - 11 MONTH5: 0-4 Fluid ounces breastmilik/formula 6 - 11 MONTH5: 0-4 Fluid ounces breastmilik/formula 6 - 11 MONTH5: 0-2 tablespoons infant cereal, meat, fish, poultry, whole egg, coaked dry beans or cooked dry peas: or 2 ounces of chease; or 0-					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infont ceral, mest, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (ounce) cottage cheese; or 0- both DINNER BIRTH - 5 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infont ceral, mest, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (ounce) cottage cheese; or 0-					
PM SNACK BIRTH - 5 MCNTH5: 4-6 Fluid ounces breastmilik/formula 6 - 11 MONTH5: 6-8 Fluid ounces breastmilik/formula 6 - 11 MONTH5: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cocked dry beans or cooked dry peas; or 2 ounces of chease; or 0- 4 ounces (volume) cottage chease; or 0- 4 ounces (volume) cottage chease; 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 DINNER BIRTH - 5 MONTH5: 6-6 Fluid ounces breastmilik/formula 6 - 11 MONTH5: 0-4 Fluid ounces breastmilik/formula 6 - 11 MONTH5: 0-4 Fluid ounces breastmilik/formula 6 - 11 MONTH5: 0-2 tablespoons infant cereal, meat, fish, poultry, whole egg, coaked dry beans or cooked dry peas: or 2 ounces of chease; or 0-					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespoons infant careal, meat, rish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (or lune) cottage cheese; or 0- 4 ounces (or lune) cottage cheese; or 0- 4 ounces (or lune) 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 DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal meat, rish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoors infant ceral, mest, fish, poultry, whole egg, cocked dry beans or cooked dry pass; or 2 ounces of chesse; or 0- 4 ounces (volume) cottage chesse; or 0- 4 ounces or 1/2 cup yogurt: or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoors vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-2 tablespoors infant cereal, meat, fish, poultry, whole egg, cocked dry beans or cooked dry pass; or 2 ounces of chesse; or 0- 4 ounces (volume) cottage chesse; or 0- 1 MONTHS: 0-2 tablespoors					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespoons infant careal, meat, rish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (or lune) cottage cheese; or 0- 4 ounces (or lune) cottage cheese; or 0- 4 ounces (or lune) 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 DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal meat, rish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces     breastmilk/formula     6 - 11 MONTHS: 6-8 Fluid ounces     breastmilk/formula     6 - 11 MONTHS: 0-4 fablespoons     infant careal, meat, fish, poultry, whole egg, cooked dry beans or cooked     dry pass; or 2 ounces of chease; or 0-     4 ounces (volume) ottage chease; or 0-     both     DINNER     BIRTH - 5 MONTHS: 4-6 Fluid ounces     breastmilk/formula     6 - 11 MONTHS: 0-4 fablespoons     infant careal, meat, fish, poultry, whole egg, cooked dry beans or cooked     dry pass; or 2 ounces of chease; or 0-     4 ounces (volume) ottage chease; or 0-     4 ounces (volume) chease; or 0-     4 ounces (volume) chease; ottage chease; ottage chease; ottage chease; ottage chease; ottage; ottage chease; ottage chease; ottage chease; ottage; o					
PM SNACK BIRTH - 5 MONTH5: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-4 fablespoons infant ceral, meat, fish, poultry, whole egg, cocked dry beans or cocked dry peas; or 2 aunces of cheese; or 0- 4 ounces (volume) cottage 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 MONTH5: 0-2 tablespoons vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTH5: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-2 tablespoons infant cereal, meat, fish, poultry, whole egg, cocked dry beans or cocked dry peas; or 2/2 cuplesgoons infant cereal, meat, fish, poultry, whole egg, cocked dry beans or cocked dry peas; or 1/2 cuplesgoons infant cereal, meat, fish, poultry, whole egg, cocked dry beans or cocked dry peas; or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTH5: 0-2 tablespoons wegetable or fruit or a combination of both EVENING SNACK BIRTH - 5 MONTH5: 4-6 Fluid ounces					
PM SNACK BIRTH - 5 MONTH5: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-4 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of chease; or 0- 4 ounces (volume) cottage chease; or 0- 4 ounces the trut or a combination of both DINNER BIRTH - 5 MONTH5: 0-4 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-4 Fluid ounces combination of the above; and 0 - 11 MONTH5: 0-4 roblespoons infant censal, meat, fish, poultry, whole egg, coaked dry beans or cooked dry peas; or 2 ounces of chease; or 0- 4 ounces (volume) cottage chease; or 0- 4 ounces (volume) cottage chease; or 0- 6 - 11 MONTH5: 0-4 Fluid ounces both EVENING SNACK BIRTH - 5 MONTH5: 4-6 Fluid ounces breastmilk/formula					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 fablespoors infant ceral, meat, fish, polary, whole egg, cocked dry beans or cooked dry pass; or 2 ounces of chease; or 0- 4 ounces (volume) cottage chease; or 0- 4 ounces (volume) cottage chease; or 0- 4 ounces or 1/2 cup yogurt: or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoors vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoors infant cereal, meat, fish, poltry, whole egg, cocked dry beans or cooked dry pass; or 2 ounces of chease; or 0- 4 ounces (volume) cottage chease; or 0- 6 - 11 MONTHS: 0-2 tablespoors breatmiler fruit or a combination of both EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Fluid ounces breastmilk/formula					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces     breastmilk/formula     6 - 11 MONTHS: 0-8 Fluid ounces     breastmilk/formula     6 - 11 MONTHS: 0-4 Fluid ounces     infant cera, meat, fish, poultry, whole egg, cooked dry beans or cooked     dry peas; or 2 ounces of cheese; or 0     4 ounces (ounce) cottage cheese; or 0     4 ounces (outrol of the above; and     6 - 11 MONTHS: 0-2 tablespoons     vegetable or fruit or a combination of     both     DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces     breastmilk/formula     6 - 11 MONTHS: 0-4 tablespoons     infant cera, meat, fish, poultry, whole egg, coked dry beans or coked     dry peas; or 2 ounces of cheese; or 0     4 ounces (volume) cottage cheese; or 0     4 ounces (oull 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: 4-6 Fluid ounces     breastmilk/formula     6 - 11 MONTHS: 0-4 tablespoons     infant cera, meat, fish, poultry,					
PM SNACK BIRTH - 5 MONTH5: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-4 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-4 Fablespoons infant cereal, meat, fish, poultry, whole egg, cocked dry beans or cocked dry peas; or 2 aunces of cheese; or 0- 4 ounces (volume) cottage 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 MONTH5: 0-2 tablespoons vegetable or fruit or a combination of bath DINNER BIRTH - 5 MONTH5: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-4 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-2 tablespoons infant cereal, meat, fish, poultry, whole egg, cocked dry beans or cocked 0 + 10 MONTH5: 0-4 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-4 fablespoons infant cereal, meat, fish, poultry, whole egg, cocked dry beans or cocked breastmilk/formula 6 - 11 MONTH5: 0-4 fablespoons breastmilk/formula 6 - 11 MONTH5: 0-4 fablespoons breastmilk/formula 6 - 11 MONTH5: 0-4 fablespoons breastmilk/formula 6 - 11 MONTH5: 0-4 fablespoons infant cereal, meat, fish, poultry, whole egg, cocked dry beans or cocked					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces     breastmilk/formula     6 - 11 MONTHS: 0-8 Fluid ounces     breastmilk/formula     6 - 11 MONTHS: 0-4 Fluid ounces     infant cera, meat, fish, poultry, whole egg, cooked dry beans or cooked     dry peas; or 2 ounces of cheese; or 0     4 ounces (ounce) cottage cheese; or 0     4 ounces (outrol of the above; and     6 - 11 MONTHS: 0-2 tablespoons     vegetable or fruit or a combination of     both     DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces     breastmilk/formula     6 - 11 MONTHS: 0-4 tablespoons     infant cera, meat, fish, poultry, whole egg, coked dry beans or coked     dry peas; or 2 ounces of cheese; or 0     4 ounces (volume) cottage cheese; or 0     4 ounces (oull 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: 4-6 Fluid ounces     breastmilk/formula     6 - 11 MONTHS: 0-4 tablespoons     infant cera, meat, fish, poultry,					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Fluid ounces infant careal, meat, fish, polltry, whole egg, cocked dry beans or cocked dry pass; or 2 ounces of chease; or 0- 4 ounces (volume) cottage chease; or 0- 4 ounces (volume) cottage chease; 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 bath DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant careal, meat, fish, politry, whole egg, cocked dry beans or cocked dry pass; or 2 ounces of chease; or 0- 4 ounces (volume) cottage chease; or 0- 5 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infont cera, meet, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (ounce) cottage cheese; or 0 5 ounces or 1/2 cup yogur; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infont cera, meet, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (ounce) cottage cheese; or 0 4 ounces (ounce) cottage cheese; or 0 4 ounces (ounce) cottage cheese; or 0 5 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both EVENITING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-2 tablespoons infont cera, meet, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (ounce) cottage cheese; or 0 4 ounces (ounce) cottage cheese; or 0 4 ounces (oulme) cottage cheese; or 0 4 ounces or 1/2 cup yogur; or a combination of the above; and 5 on 1/2 cup yogur; or a 0 combination of the above; and 5 on 1/2 cup yogur; or a 0 combination of the above; and 5 on 1/2 cup yogur; or a 0 combination of the above; and 5 on 1/2 cup yogur; or a 0 combination of the above; and 5 ont 1/2 cup yogur; or a 0 combination of the above; and 5 ont 1/2 cup yogur; or a 0 combination of the above; and 5 ont 1/2 cup yogur; or a 0 combination of the above; and 5 ont 1/2 cup yogur; or a 0 combination of the above; and 5 ont 1/2 cup yogur; or a 0 combination of the above; and 5 ont 1/2 cup					
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