

	Monday 4/3/23	Tuesday 4/4/23	Wednesday 4/5/23	Thursday 4/6/23	Friday 4/7/23
BREAKFAST					
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	WHOLE WHEAT CEREAL	MIXED CEREAL	MULTI GRAIN CEREAL	RICE CEREAL	OATMEAL CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	STRAWBERRIES	PEACHES	APPLESAUCE	BLUEBERRIES	RASPBERRIES
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
ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	BARLEY CEREAL	MULTI GRAIN CEREAL	WHOLE WHEAT CEREAL	MIXED CEREAL/INFANT CHICKEN	RICE CEREAL/PINTO BEANS
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEAS	SWEET POTATO	MIXED VEGETABLES	BROCCOLI	CORN
PM SNACK		•	•		
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces 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	RICE CEREAL	OATMEAL CEREAL/GRAHAM CRACKERS	WHOLE WHEAT CEREAL	MIXED CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	BANANA & BLUEBERRY	PLUM	KIWI	TEETHING BISCUIT	CARROT



	Monday 4/10/23	Tuesday 4/11/23	Wednesday 4/12/23	Thursday 4/13/23	Friday 4/14/23
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry, whole					
egg, cooked dry beans or cooked dry					
peas; or 2 ounces of cheese; or 0-4	WHOLE WHEAT CEREAL	BARLEY CEREAL	MULTI GRAIN CEREAL	RICE CEREAL	MIXED 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	PLUMS	PEACHES	CINNAMON APPLESAUCE	BLUEBERRIES	RASPBERIES
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 6 - 11 MONTHS: 6-8 Fluid ounces					
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry, whole					
egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4	BARLEY CEREAL	WHOLE WHEAT CEREAL/FISH	OATMEAL CEREAL	MIXED CEREAL	MULTI GRAIN CEREAL
ounces (volume) cottage cheese; or 0-4	BARLEY CEREAL	STICKS	OATMEAL CEREAL	MIXED CEREAL	MOLII GRAIN CEREAL
ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons	25.4.4.4.22.4				WELL 2011
vegetable or fruit or a combination of both	PEAS & CARROTS	SWEET POTATO	TOMATO SOUP	MUSHROOMS	YELLOW SQUASH
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	TORNOBA / BREAGT MEEK	TORMODA / DREAGT MEDIC	TORMODA / DREAGT MEDIC	TORMODA / BREAD! WIELK	TORMODA / BREAGT MEDIC
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	HTVER SERES	DEGE GEDE 4	WILLIAM (EDEA)	D 4 D 1 EV 4 ED E 41	W 1015 W 1547 450541
peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4	MIXED CEREAL	RICE CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL	WHOLE WHEAT 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	BROCCOLI	MANGO	BLUEBERRIES	TEETHING BISCUIT	AVOCADO
both			1		



	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	PORMODE, PROPERTY	Toranos. , S.E.E. ,	- Comment of the comm	TORMOST, STEELS MEET	100000000000000000000000000000000000000
6 - 11 MON 1H5: 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	A .				
egg, cooked dry beans or cooked dry	A .				
, ,	WHOLE WHEAT	MULTI GRAIN CEREAL	OATMEAL CEREAL	MIXED CEREAL	RICE CEREAL
ounces (volume) cottage cheese; or 0-4		MODI Z G. S. L. C. G. C. C.	ONT MEASURE	Market Carteria	Nade delicate
ounces or 1/2 cup yogurt; or a	A .				
combination of the above; and	A contract of the contract of				
6 - 11 MONTHS: 0-2 tablespoons					1
vegetable or fruit or a combination of	BLUEBERRIES	PEARS	BANANA	PINEAPPLE	STRAWBERRIES
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, DICHOT MEDI	TORMODA, DAGAGE MADA	TORMODA, DISCAGI MEDI	TORMODA / DICTO : MADA	TORMODA / DREAD! MEDIC
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	4				
egg, cooked dry beans or cooked dry	A .				
peas; or 2 ounces of cheese; or 0-4	MIXED CEREAL	OATMEAL CEREAL	MULTI GRAIN CEREAL	RICE CEREAL	WHOLE WHEAT CEREAL
ounces (volume) cottage cheese; or 0-4	A .				
ounces or 1/2 cup yogurt; or a	A .				
combination of the above; and	A .				
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	CORN	SUMMER SQUASH	BROCCOLI	LIMA BEANS	TATOR TOTS
both					
PM SNACK				т	
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	<del>                                     </del>	+	+	+	+
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	4				
egg, cooked dry beans or cooked dry	A contract of the contract of				
peas; or 2 ounces of cheese; or 0-4	RICE CEREAL	WHOLE WHEAT CEREAL	MIXED CEREAL	OATMEAL CEREAL	BARLEY CEREAL
ounces (volume) cottage cheese; or 0-4	A .				
ounces or 1/2 cup yogurt; or a	A .				
combination of the above; and	A contract of the contract of				
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	CINNAMON APPLESAUCE	PLUM	VEGETABLE SOUP	APRICOT	HUMMUS/GARBANZO BEANS
both					



	Monday 4/24/23	Tuesday 4/25/23	Wednesday 4/26/23	Thursday 4/27/23	Friday 4/28/23
BREAKFAST	·	,	•	,	·
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	OATMEAL CEREAL	MIXED CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEARS	MIXED BERRIES	STRAWBERRIES	APRICOTS	PLUMS
LUNCH		•	<u> </u>		
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	RICE CEREAL	BARLEY CEREAL	OATMEAL CEREAL	MIXED CEREAL	MULTI GRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	GREEN BEANS	CORN	SWEET PEAS	CARROTS	SUMMER SQUASH
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	BARLEY CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	MULTI GRAIN CEREAL	MIXED CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	APPLESAUCE	BANANA	BLUEBERRIES	MANGO	TEETHING BISCUIT



BREAKFAST			
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 yogurt; or a			
combination of the above; and			
6 - 11 MONTHS: 0-2 tablespoons			
vegetable or fruit or a combination of			
both			
LUNCH			
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 yogurt; or a			
combination of the above; and			
6 - 11 MONTHS: 0-2 tablespoons			
vegetable or fruit or a combination of			
both			
PM SNACK			
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breastmilk/formula			
6 - 11 MONTHS: 6-8 Fluid ounces			
breastmilk/formula			
6 - 11 MONTHS: 0-4 tablespoons			
infant cereal, meat, fish, poultry, whole			
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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			
both			