

		Thursday 6/1/23	Friday 6/2/23
BREAKFAST			
BIRTH - 5 MONTHS: 4-6 Fluid ounces		FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces			
breastmilk/formula		FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole			
egg, cooked dry beans or cooked dry			
peas; or 2 ounces of cheese; or 0-4		WHOLE WHEAT CEREAL	OATMEAL CEREAL
ounces (volume) cottage cheese; or 0-4		WHOSE WHEN SERENS	ON THIERD SERVERS
ounces or 1/2 cup yogurt; or a			
combination of the above; and			
6 - 11 MONTHS: 0-2 tablespoons			
vegetable or fruit or a combination of		BLUEBERRIES	APRICOT
both			
LUNCH			
BIRTH - 5 MONTHS: 4-6 Fluid ounces		FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces			
breastmilk/formula		FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons			
infant cereal, meat, fish, poultry, whole			
egg, cooked dry beans or cooked dry			
peas; or 2 ounces of cheese; or 0-4		OATMEAL CEREAL	MULTIGRAIN CEREAL
ounces (volume) cottage cheese; or 0-4			
ounces or 1/2 cup yogurt; or a			
combination of the above; and			
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of		PEAS	SUMMER SQUASH
both		72.3	SOMMER SQUASE
PM SNACK			
BIRTH - 5 MONTHS: 4-6 Fluid ounces		FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula		TORMOLA / BREAST MILK	TORMOLA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces		FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons			
infant cereal, meat, fish, poultry, whole			
egg, cooked dry beans or cooked dry			
peas; or 2 ounces of cheese; or 0-4		RICE CEREAL	OATMEAL CEREAL
ounces (volume) cottage cheese; or 0-4			
ounces or 1/2 cup yogurt; or a			
combination of the above; and			
6 - 11 MONTHS: 0-2 tablespoons			
vegetable or fruit or a combination of		CARROTS	BANANA
both			



	Monday 6/5/23	Tuesday 6/6/23	Wednesday 6/7/23	Thursday 6/8/23	Friday 6/9/23	
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	BARLEY CEREAL	RICE CEREAL	OATMEAL CEREAL	MULTIGRAIN CEREAL	MIXED CEREAL	
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	APRICOTS	PEARS	PEACHES	TATOR TOTS	APPLES	
LUNCH						
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	RICE CEREAL	BARLEY CEREAL/INFANT CHICKEN	BARLEY CEREAL	WHOLE WHEAT CEREAL/REFRIED BEANS	MULTIGRAIN CEREAL/INFANT BEEF	
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	SWEET POTATOES	MIXED VEGETABLES	CAULIFLOWER	APPLES	COLESLAW	
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	WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL	RICE CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL	
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	STRAWBERRY BANANA	PEACHES	PINEAPPLE BLUEBERRIES	PEAS	BROCCOLI	



	Monday 6/12/23	Tuesday 6/13/23	Wednesday 6/14/23	Thursday 6/15/23	Friday 6/16/23
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 MONTH5: 0-4 tablespoons					
infant cereal, meat, fish, poultry,	A				
whole egg, cooked dry beans or cooked	A				MULTIGRAIN
dry peas; or 2 ounces of cheese; or 0-	WHOLE WHEAT CEREAL	OATMEAL CEREAL	RICE CEREAL	BARLEY CEREAL	CEREAL/CHEERIOS
4 ounces (volume) cottage cheese; or 0-	A				CEREAL/CHEERIOS
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	APPLEAUCE	RASPBERRIES	TATOR TOTS	STRAWBERRIES	ORANGES
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	TORRIODA, PRESENTA	TORRIODA, DISCUSTINIZATION	TORRIOGRAPHIC TORRIOGRAPHIC	TORNIOST, PRESENTATION	- I ONLINE IN THE INTERIOR
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	RICE CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	RICE CEREAL
4 ounces (volume) cottage cheese; or 0-	A				
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	BROCCOLI	GREEN BEANS	PEAS	TOMATO SOUP	BROCCOLI
both	<u> </u>				
PM SNACK	<u> </u>				
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	4				
dry peas; or 2 ounces of cheese; or 0-		MULTIGRAIN CEREAL	BARLEY CEREAL	MULTIGRAIN CEREAL	OATMEAL CEREAL
4 ounces (volume) cottage cheese; or 0-		MOD. 25.4.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.			0777772
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	PFARS	SWEET POTATOES	ROSTED CHICKPEAS	PEARS	PRUNES
both	. Ermo	J	100 122 5	1 271130	THO NEE
21					



	Monday 6/19/23	Tuesday 6/20/23	Wednesday 6/21/23	Thursday 6/22/23	Friday 6/23/23
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-	OATMEAL CEREAL	WHOLE WHEAT CEREAL	MIXED CEREAL	RICE CEREAL	MULTIGRAIN 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	BANANAS	TATOR TOTS	APRICOTS	PEARS	AVOCADO
both LUNCH					
RTRTH - 5 MONTHS: 4-6 Fluid ounces					
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		500 MH 4 / 805 467 MT K	500 MH 4 / 805 46T MT K	500 M II A / 505 A 6T AATI K	500 AV II A / DD5 4 6 T AV II K
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-	RICE CEREAL	OATMEAL CEREAL	BARLEY CEREAL	MULTIGRAIN 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	PINTO BEANS	CARROTS	PEAS	GREEN BEANS	MIXED VEGETABLES
both					
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-	BARLEY CEREAL	BARLEY CEREAL	RICE CEREAL/GRAHAM CRACKERS	WHOLE WHEAT CEREAL	OATMEAL CEREAL
4 ounces (volume) cottage cheese; or 0					
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	HUMMUS	TATOR TOTS	STRAWBERRIES	TOMATOES	APPLESAUCE
both					



	Monday 6/26/23	Tuesday 6/27/23	Wednesday 6/28/23	Thursday 6/29/23	Friday 6/30/23
BREAKFAST			7 - 7 - 7 - 7 - 7		11.00, 21.00, 20
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	OATMEAL CEREAL	RICE CEREAL	BARLEY CEREAL	MULTIGRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEARS	BANANA	APRICOT	FRUIT SALAD	BLUEBERRIES
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
4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and	BARLEY CEREAL	RICE CEREAL	MULTIGRAIN CEREAL	MIXED CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	BROCCOLI	PEAS	SWEET POTATOES	GREEN BEANS	PEAS & CARROTS
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/TEETHING BISCUIT	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	MIXED CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	HUMMUS	TOMATO BISQUE	BLUEBERRIES	RASPBERRIES	PEARS