

	Monday 7/3/23	Tuesday 7/4/23	Wednesday 7/5/23	Thursday 7/6/23	Friday 7/7/23
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	OATMEAL CEREAL	RICE CEREAL	MIXED CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	BLUEBERRIES	RASPBERRIES	BANANA	APRICOT	PEACHES
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	MIXED CEREAL	OATMEAL CEREAL	MULTI GRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	SPINACH	BUTTERNUT SQUASH	SWEET POTATO	CARROTS	MASHED POTATO
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 MONTH5: 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	OATMEAL CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CORN (MASHED)	HONEYDEW MELON (MASHED)	PEACHES	TOMATO BISQUE	BANANA



	Monday 7/10/23	Tuesday 7/11/23	Wednesday 7/12/23	Thursday 7/13/23	Friday 7/14/23
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MULTI GRAIN CEREAL	BARLEY CEREAL	MULTI GRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	BLUEBERRY	PEACHES	TATOR TOTS	APRICOT	PLUM
both					
LUNCH BIRTH - 5 MONTHS: 4-6 Fluid ounces		I	T	I	
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	MULTI GRAIN CEREAL	MIXED CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CARROTS	PEAS	MIXED VEGETABLES	SWEET POTATO	BROCCOLI
PM SNACK			1	L	
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MIXED CEREAL	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	AVOCADO	SPINACH	PINEAPPLE PEAR	KIWI	PEAR



	Monday 7/17/23	Tuesday 7/18/23	Wednesday 7/19/23	Thursday 7/20/23	Friday 7/21/23
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	TOTAL CONTROL OF THE SECOND CONTROL OF THE S	The state of the s	, crancer, president mean	Totallost, Silento, Mesic	, chimost, , sherto, mest
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	OATMEAL CEREAL	RICE CEREAL	BARLEY CEREAL	MIXED CEREAL
ounces (volume) cottage cheese; or 0-4			1.202 02.12.12		
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	CANTALOUPE	APPLESAUCE	BLUEBERRIES	RASPBERRIES	PINEAPPLES
both					
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula	TORMODA / BREAGT MEDIC	TORMODA / BREAGT MEDIC	TORMODA / DREMOT MEDIC	TORMODA / BREAGI MEDI	TORMODA T DREAD T MEDIC
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula					
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole					
egg, cooked dry beans or cooked dry					
peas; or 2 ounces of cheese; or 0-4	OATMEAL CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL	RICE CEREAL	MULTI GRAIN CEREAL
ounces (volume) cottage cheese; or 0-4	OATMEAD GEREAD	WHOLE WHEAT SEREAL	DARDET GEREAL	NICE CEREAL	MODIT ORALIV GEREAL
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	TOMATO BISQUE	PEAS	BROCCOLI	SWEET POTATO	CARROTS
both	·				
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	TOTAL CONTROL OF THE SECOND CONTROL OF THE S	The state of the s	, crancer, president mean	Totallost, Silento, Mesic	, chimost, , sherto, mest
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry, whole					
egg, cooked dry beans or cooked dry					
	BARLEY CEREAL	RICE CEREAL	MIXED CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL
ounces (volume) cottage cheese; or 0-4					
ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	BROCCOLI	PEARS	MIXED BERRIES	KIWI	STRAWBERRY
both					



	Monday	Tuesday	Wednesday	Thursday	Friday
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	TOTAL CONTROL OF THE STATE OF T	TOTAL CONTROL OF THE STATE OF T	Totalion of the second	Totallogity bitches mean	Totalion y Sileno i Mesic
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	1				
peas; or 2 ounces of cheese; or 0-4	MULTI GRAIN CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	MIXED CEREAL	OATMEAL CEREAL
ounces (volume) cottage cheese; or 0-4		Wilde Wiler Canaria		merce series	
ounces or 1/2 cup yogurt; or a	1				
combination of the above; and	1				
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	RASPBERRIES	PEACHES	APPLESAUCE	STRAWBERRIES	BANANA
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	TOTAL CONTROL OF THE STATE OF T	TOTAL CONTROL OF THE STATE OF T	Totalion of the second	Totallogity bitches mean	Totalion y brights miles
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	1				
egg, cooked dry beans or cooked dry	1				
	BARLEY CEREAL	RICE CEREAL	OATMEAL CEREAL	MULTI GRAIN CEREAL	WHOLE WHEAT CEREAL
ounces (volume) cottage cheese; or 0-4					
ounces or 1/2 cup yogurt; or a	1				
combination of the above; and	1				
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	CAULIFLOWER (MASHED)	YELLOW SQUASH	CARROTS	GREEN BEANS	GRILLED VEGETABLES
both					
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 dry	1				
peas; or 2 ounces of cheese; or 0-4	MIXED CEREAL	OATMEAL CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL
ounces (volume) cottage cheese; or 0-4					
ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	SWEET POTATO	HONEY DEW MELON	VEGETABLE SOUP	APRICOT	PEAS
both					



	Monday 7/31/23		
BREAKFAST			
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK		
breastmilk/tormula	FORMULA / BREAST MILK		
6 - 11 MONTHS: 6-8 Fluid ounces	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	WHOLE WHEAT CEREAL		
ounces (volume) cottage cheese; or 0-4			
ounces or 1/2 cup yogurt; or a			
combination of the above; and			
6 - 11 MONTHS: 0-2 tablespoons			
vegetable or fruit or a combination of	PEACHES		
both			
LUNCH			
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK		
breastmilk/formula 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	MULTI GRAIN 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		
both			
PM SNACK			
DIDTH 5 MONTHS: 4 6 Fluid curses			
breastmilk/formula	FORMULA / BREAST MILK		
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK		
breastmilk/formula	TORMOLA / BREAGT MALK		
6 - 11 MONTHS: 0-4 tablespoons			
infant cereal, meat, fish, poultry, whole			
egg, cooked dry beans or cooked dry			
	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	FRUIT SALAD		
both			