

Services, inc	T 0/4/02	W. J. J. 0/0/02	TI 1 0/2/22	5:1.0/4/02
	Tuesday 8/1/23	Wednesday 8/2/23	Thursday 8/3/23	Friday 8/4/23
BREAKFAST BIRTH - 5 MONTHS: 4-6 Fluid ounces	T	I	T	T
breastmilk/formula	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
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-	WHOLE GRAIN CEREAL	BARLEY 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	APPLESAUCE	PEARS	STRAWBERRY BANANA	CINNAMON APPLESAUCE
both	74. 525.7652		OTTO TO STANK OF THE STANK OF T	02/4/7/11/07/7/11/02/7/07/2
AM SNACK				
BIRTH - 5 MONTHS: 4-6 Fluid ounces	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
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	OATMEAL CEREAL	MULTIGRAIN CEREAL	BARLEY CEREAL
4 ounces (volume) cottage cheese; or 0	The state of the s	- Comments delicated		The second secon
4 ounces or 1/2 cup yogurt; or a				
combination of the above; and				
6 - 11 MONTHS: U-2 tablespoons vegetable or fruit or a combination of	WATERMELON	APRICOTS	BLUEBERRIES	BANANA
hoth				
LUNCH				
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	 FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / PREACT MILK	FORMULA / RREACT MILK	FORMULA / DOFACT MILK	FORMULA / DOFACT MILK
breastmilk/formula	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	WHOLE WHEAT CEREAL	BARLEY 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	GREEN BEANS	SWEET PEAS	STEAMED CORN	CARROTS
both	OREEN BEANG	OWELLIEAD	STEAMES GONT	OARRO 10
PM SNACK				
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	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
breastmilk/formula	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	MIXED CEREAL	MULTI GRAIN 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	 PINEAPPLE BLUEBERRY	APPLESAUCE	RASPBERRIES	CHICKPEAS
both				
DINNER				
BIRTH - 5 MONTHS: 4-6 Fluid ounces	 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
6 - 11 MONTHS: 0-4 tablespoons				
infant cereal, meat, fish, poultry,				
whole egg, cooked dry beans or cooked	MULTI COATNI CENTAL	DICE CEDEA!	WHOLE WHEAT CENTAL	MULTICOATNI CENCAL
dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0	MULTI GRAIN CEREAL	RICE CEREAL	WHOLE WHEAT CEREAL	MULTIGRAIN 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	BROCCOLI	SWEET PEAS	CAULIFLOWER	MXED VEGETABLES
EVENING SNACK	<u> </u>	<u> </u>	<u> </u>	<u>I</u>
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / PREACT MALE	EODALII A / BDEACT ATL	EODALII A / BDEACT MTIV	FORMULA / PREACT MILE
breastmilk/formula	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
6 - 11 MONTHS: 0-4 tablespoons				
infant cereal, meat, fish, poultry,				
whole egg, cooked dry beans or cooked	D 401 5V 3505 11	MULTION ATAL SECT OF	MINER SERVI	OATMEN GENERAL
dry peas; or 2 ounces of cheese; or 0-	BARLEY CEREAL	MULTIGRAIN CEREAL	MIXED 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				
	 CHEND AD CHIEFCE CHIEFC	DILIME	ADDI EC	MANICO
vegetable or fruit or a combination of both	CHEDDAR CHEESE CUBES	PLUMS	APPLES	MANGO
DUIN	ļ.	<u>!</u>	İ	j



Oci vices, ii ic	Monday 8/7/23	Tuesday 8/8/23	Wednesday 8/9/23	Thursday 8/10/23	Friday 8/11/23
BREAKFAST	741011ddy 07 7 7 2 3	Tuesday 0/0/25	Wednesday 0/ // 23	111di 3day 0/10/23	111day 0/11/23
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-		WHOLE WHEAT CEREAL	OATMEAL CEREAL	RICE CEREAL	BARLEY CEREAL
4 ounces (volume) cottage cheese; or 0		WHOSE WHEAT GENERAL	OATMEAD GENERAL	NASC SCREAD	DANGE, GENEAU
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	RASPBERRIES	FRUIT SALAD	BLUEBERRIES	APPLESAUCE
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					
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		BARLEY CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL	OATMEAL 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	HUMMUS/GARBANZO BEANS	APPLESAUCE	AVOCADO/GUACAMOLE	KIWI	BLUEBERRY PINEAPPLE
both					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / PREACT MILL	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 ounces (volume) cottage cheese; or 0		MIXED CEREAL	BARLEY CEREAL	OATMEAL CEREAL	RICE 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	PEAS	ZUCCHINI	GREEN BEANS	SPINACH	SWEET POTATOES
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	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	PORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	PORMULA / BREAST MILK	FORMULA / BREAST MILK
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	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL
4 ounces (volume) cottage cheese; or 0		OATMEAL CEREAL	MINED CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT 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	BLUEBERRY STRAWBERRY	BROCCOLI	PEARS	BANANA	PEACHES
both DINNER			1		1
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	The second secon		The state of the s	The state of the s	The state of the s
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-		RICE CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL	MIXED CEREAL
4 ounces (volume) cottage cheese; or 0			The second secon		
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	SWEET POTATO	BAKED BEANS	BROCCOLI	CARROTS
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	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-		MULTIGRAIN CEREAL	RICE CEREAL	MIXED 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 both	STRAWBERRIES	PEARS	VEGETABLE SOUP	MANGO (MASHED)	HUMMUS (GARBANZO BEANS)
DOIN		1	l .	1	L



Oci vices, il ic	Monday 8/14/23	Tuesday 8/15/23	Wednesday 8/16/23	Thursday 8/17/23	Friday 8/18/23
BREAKFAST	женицу с. т ж до	. 20044/ 0/ 10/ 10		a. oda, o. 1., 10	11.124 07.207.20
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	TORMODA / DREAGT MIER	TORMODA / DREAGT MILER	TORMODA / BREAGT MILER	TORMODA / DREAGT MIER	TORMOLA / DREAGT MILER
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	DTCE CEDEAL	OATMEAL CEREAL	MIXED CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL
4 ounces (volume) cottage cheese; or 0-	RICE CEREAL	OATMEAL CEREAL	MIXED CEREAL	DARLEY CEREAL	WHOLE WHEAT 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	PEACHES	BAKED APPLES	APRICOTS	TATOR TOTS	STRAWBERRIES
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	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	WILOUE WILEAT CEDEAL	RICE CEREAL	MULTIGRAIN CEREAL	OATMEAL CEREAL	MIXED CEREAL
4 ounces (volume) cottage cheese; or 0-	WHOLE WHEAT CEREAL	RICE CEREAL	MOLITORAIN CEREAL	OATMEAL CEREAL	MIXED 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	PEARS	RASPBERRIES	BLUEBERRIES	APPLESAUCE	WATERMELON
LUNCH		1	1	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
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	PADLEV CEDEAL	MIXED CEREAL	OATMEAL CEREAL	RICE CEREAL	MULTIGRAIN CEREAL
4 ounces (volume) cottage cheese; or 0-	DARLET CEREAL	MINED CEREAL	OATMEAL CEREAL	RICE CEREAL	MULTIGRAIN 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 both	CARROT	FRENCH FRIES	TOMATO SOUP	MIXED VEGETABLES	ROASTED POTATOES
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	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-	MIXED CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL	MIXED 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 both	PINEAPPLE	PEARS	KIWI	PEACHES	PEAS
DINNER					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons					+
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	OATMEAL CEREAL	BARLEY CEREAL	RICE CEREAL	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	DE 4.C	CDEEN DE ANG	40071	4400075	CM/FFT DOT : TO
vegetable or fruit or a combination of both	PEAS	GREEN BEANS	CORN	CARROTS	SWEET POTATO
EVENING SNACK					
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 accused day be a little			İ	I	
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	MULTI GRAIN CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL	MULTIGRAIN CEREAL	RICE CEREAL
dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-	MULTI GRAIN CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL	MULTIGRAIN CEREAL	RICE CEREAL
dry peas; or 2 ounces of cheese; or 0-	MULTI GRAIN CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL	MULTIGRAIN CEREAL	RICE 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		WHOLE WHEAT CEREAL APPLESAUCE	BARLEY CEREAL PLUMS	MULTIGRAIN CEREAL BLUEBERRY STRAWBERRY	BLUBERRY PINEAPPLE



OCI VICES, II IC	Monday 8/21/23	Tuesday 8/22/23	Wednesday 8/23/23	Thursday 8/24/23	Friday 8/25/23
BREAKFAST	Monady 67 227 26	. 100047 0, 11, 10	Wednesday 6, 16, 15	///d/ 3dd/ 3/ 1/ 13	11144 57 257 25
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	TORMODA / DREAGT MILK	TORMOLA / DREAD! MILER	TORMOLA / DREAGT MILES	TORMODA / DREAGT MEEK	TORMODA / DREAGT MIDE
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		WHOLE WHEAT CEREAL	BARLEY CEREAL	MIXED CEREAL	OATMEAL 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	WATERMELON	APPLESAUCE	PEAR	PEACHES	STRAWBERRIES
both					
AM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces		<u> </u>	<u> </u>	<u> </u>	
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-	MULTIGRAIN CEREAL	MIXED CEREAL	OATMEAL CEREAL	RICE 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 both	PEACHES	HUMMUS (GARBANZO BEANS)	RASPBERRIES	BLUEBERRIES	PEARS
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		EODALII A / BDEAST MILK	EODALII A / BDEACT MILK	FORMULA / PREAST ATLY	FORMULA / PREACT MILE
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
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		MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL	RICE 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	BROCCOLI	ZUCCHINI	GREEN BEANS	SWEET POTATO FRIES	PEAS
both					
PM SNACK 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-	BARLEY CEREAL	RICE CEREAL	MULTIGRAIN CEREAL	BARLEY 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	BI LIEREDDTES	PINEAPPLE	PLUMS	APPLESAUCE	AVOCADO
both	blueberries	FINEAFFLE	PLOMS	AFFLESAUCE	AVOCADO
DINNER					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-		BARLEY CEREAL	RICE CEREAL	OATMEAL 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	PEAS	SWEET POTATO	SPINACH	BROCCOLI	CORN
EVENING SNACK		1	1	1	<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					
		•	MIXED CEREAL	WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL
dry peas; or 2 ounces of cheese; or 0-		OATMEAL CEREAL	MIXED CEREAL		
		OATMEAL CEREAL	MINED 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		OATMEAL CEREAL	MINED 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		CARROT	BANANA	PEARS	PEACHES



DDEAKEACT	Monday 8/28/23	Tuesday 8/29/23	Wednesday 8/30/23	Thursday 8/31/23	
BREAKFAST BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK				
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK				
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	TORMODA / BREAGT MILK	TORMODA / DREAGT MILK	TORMODA / DREAGT MILER	TORMODA / DREAGT MEDR	
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-		OATMEAL CEREAL	RICE 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	DE ACUTE	D41414	D. A.CODEDDTEC	DILIEDEDDA	
vegetable or fruit or a combination of both	PEACHES	BANANA	RASPBERRIES	BLUEBERRY	
AM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces		T			T
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-	MIXED CEREAL	MULTIGRAIN CEREAL	BARLEY 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	TATOR TOTS	FRUIT SALAD MIX	APPLESAUCE	PEACHES	
both LUNCH		1		1	1
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK				
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK				
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	FORMULA / BREAST MILK				
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	MULTICOATNI CEDEAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MIXED CEREAL	
4 ounces (volume) cottage cheese; or 0	MOLITORALIN CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MIALD 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 both	SWEET POTATO	GREEN BEANS	FRENCH FRIES	BROCCOLI	
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-		BARLEY CEREAL	MULTIGRAIN 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	HONEYDEW MELON	PEAS	SWEET POTATO	BANANA	
both DINNER					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BRFAST 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	FORMULA / BREAST MILK				
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	MULTIGRAIN CEREAL	
4 ounces (volume) cottage cheese; or 0	OATMERE GEREAL	RICE CEREAL	MINED CEREAL	MODITORATIN CEREAL	
4 ounces or 1/2 cup yogurt; or a combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
•		SQUASH	PEAS & CARROTS	SPINACH	
vegetable or fruit or a combination of both	PINTO BEANS		<u></u>		
vegetable or fruit or a combination of both EVENING SNACK					
vegetable or fruit or a combination of both EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula		FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	
vegetable or fruit or a combination of both EVENING SNACK 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 FORMULA / BREAST MILK	
vegetable or fruit or a combination of both EVENING 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	FORMULA / BREAST MILK				
vegetable or fruit or a combination of both EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK FORMULA / BREAST MILK				
vegetable or fruit or a combination of both EVENING 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-	FORMULA / BREAST MILK FORMULA / BREAST MILK				
vegetable or fruit or a combination of both EVENING 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	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	
vegetable or fruit or a combination of both EVENING 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-	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	