

	Monday 10/2/23	Tuesday 10/3/23	Wednesday 10/4/23	Thursday 10/5/23	Friday 10/6/23
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	MULTIGRAIN CEREAL	RICE CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEACHES	BANANA	STRAWBERRIES	ORANGE	APRICOT
LUNCH					
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	WHOLE WHEAT CEREAL	BARLEY CEREAL	RICE CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	TOMATO SOUP	PEAS	CORN	SWEET POTATO	CINNAMON PUMPKIN
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	MULTIGRAIN CEREAL	RICE CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	MIXED CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CHICKPEAS	PEACHES	BROCCOLI SOUP	PUMPKIN APPLESAUCE	STRAWBERRIES



	Monday 10/9/23	Tuesday 10/10/23	Wednesday 10/11/23	Thursday 10/12/23	Friday 10/13/23
BREAKFAST	·		·		
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK				
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	OATMEAL CEREAL	MULTIGRAIN CEREAL	HARD BOILED EGG	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEACHES	BANANA	FRUIT COCKTAIL	ORANGE	SPINACH
LUNCH					
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	RICE CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	GREEN BEANS	BROCCOLI	SWEET ACORN SQUASH	SPINACH	SWEET POTATO
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	MULTIGRAIN CEREAL	BARLEY CEREAL	OATMEAL CEREAL	RICE CEREAL	MULTIGRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	APPLE PEAR	ROASTED BEETS	PEACHES	PEARS	VEGETABLE SOUP



	Monday 10/16/23	Tuesday 10/17/23	Wednesday 10/18/23	Thursday 10/19/23	Friday 10/20/23
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	RICE CEREAL	OATMEAL CEREAL	BARLEY 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	B.11.11.6	I/TI/IT	DI LIEDEDOTE C	4001 FG 414F	OD ANISES
vegetable or fruit or a combination of both	BANANAS	KIWI	BLUEBERRIES	APPLESAUCE	ORANGES
LUNCH		L	L	I	I.
BIRTH - 5 MONTHS: 4-6 Fluid ounces		I	1		
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	- Common y Green was a	TOTAL CONTROL OF THE STATE OF T	Totaliosity sites in mask	- Cramodri / Drieno / Million	- Crimodry diseases made
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	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MULTIGRAIN CEREAL
ounces (volume) cottage cheese; or 0-4	RICE CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MOLITORATIN CEREAL
ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons				DO ACTED DOLLGGELL CODOLITG	
vegetable or fruit or a combination of	CABBAGE	BROCCOLI	BAKED BEANS	ROASTED BRUSSELL SPROUTS	BLACK BEANS
both				(MASHED)	
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					
•	MULTIGRAIN CEREAL	MIXED CEREAL	BARLEY CEREAL	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		D 4 CDD CD T C	DE A GLUEG	DI MARKETA A LIKIMAMI IS	
vegetable or fruit or a combination of	HM MINESTRONE SOUP	RASPBERRIES	PEACHES	PUMPKIN HUMMUS	BANANA
both	l .	<u> </u>	l		<u> </u>



	Monday 10/23/23	Tuesday 10/24/23	Wednesday 10/25/23	Thursday 10/26/23	Friday 10/27/23
BREAKFAST			·	·	
BIRTH - 5 MONTHS: 4-6 Fluid ounces	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	WHOLE WHEAT CEREAL	OATMEAL CEREAL	RICE CEREAL	MIXED 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	CINNAMON APPLESAUCE	ORANGE SMILES	FRUIT COCKTAIL	APRICOTS	BLUEBERRIES
both LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces		T	T	T	
breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK				
breastmilk/formula	TORMOLA / BREAST MILE	TORMOLA / BREAST MILK	TORMOLA / BREAST MILK	TORMOLA / BREAST MILE	TORMOLA / 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	MIXED CEREAL	WHOLE WHEAT CEREAL	RICE 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	SAUTEED BROCCOLI	PEAS	CORN	GREEN BEANS	TATER TOTS
both					
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK				
breastmilk/formula	TORMODA / BREAST MILE	TORMODA / DREADT MIDE	TORMOLA / BREAST MILK	TORMODA / DREAGT MIER	TORMODA / BREAST MILER
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					
	BARLEY CEREAL	WHOLE WHEAT CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL	RICE 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	HONEY DEW MELON	CARROT	APPLESAUCE	BANANA	TOMATO SOUP
both					



	Monday 10/30/23	Tuesday 10/31/23			
BREAKFAST					
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			
ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	RICE CEREAL	OATMEAL CEREAL			
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	APRICOT	PEACHES			
LUNCH		L	L	L	L
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 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	BARLEY CEREAL			
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CREAMED SPINACH	TOMATO SOUP			
PM SNACK		ı	ı	ı	ı
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 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	MULTIGRAIN CEREAL	RICE CEREAL			
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PINEAPPLE STICKS	JACK-O-LANTERN FRUIT CUP			