

| | Monday | Tuesday | Wednesday | Thursday | Friday 9/1/23 |
|---|--------|---------|-----------|----------|-----------------------------------|
| BREAKFAST RTH - 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, | | | | | |
| ole egg, cooked dry beans or cooked y peas; or 2 ounces of cheese; or 0- | | | | | BARLEY CEREAL |
| unces (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 | | | | | |
| getable or fruit or a combination of both | | | | | PEARS |
| AM SNACK | | | | I | |
| RTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | | | | | 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, | | | | | |
| ole egg, cooked dry beans or cooked / peas; or 2 ounces of cheese; or 0- | | | | | MULTIGRAIN CEREAL |
| unces (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 | | | | | |
| getable or fruit or a combination of both | | | | | PEACHES |
| LUNCH | | | | | |
| RTH - 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, | | | | | |
| ble egg, cooked dry beans or cooked | | | | | |
| peas; or 2 ounces of cheese; or 0- | | | | | RICE CEREAL/INFANT CHICKEN |
| unces (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 getable or fruit or a combination of | | | | | BROCCOLI |
| both | | | | | |
| PM SNACK RTH - 5 MONTHS: 4-6 Fluid ounces | | | | T | 1 |
| 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, | | | | | |
| ole egg, cooked dry beans or cooked y peas; or 2 ounces of cheese; or 0- | | | | | MIXED CEREAL |
| unces (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 | | | | | |
| getable or fruit or a combination of | | | | | BANANA |
| both DINNER | | | | | |
| RTH - 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, ole egg, cooked dry beans or cooked | | | | | |
| y peas; or 2 ounces of cheese; or 0- | | | | | WHOLE WHEAT CEREAL/INFANT BEEF |
| unces (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 | | | | | |
| getable or fruit or a combination of | | | | | CORN |
| EVENING SNACK | | | | 1 | 1 |
| RTH - 5 MONTHS: 4-6 Fluid ounces | | | | | FORMULA / BREAST MILK |
| breastmilk/formula 5 - 11 MONTHS: 6-8 Fluid ounces | | | | | |
| breastmilk/formula | | | | | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, | | | | | |
| ble egg, cooked dry beans or cooked | | | | | |
| y peas; or 2 ounces of cheese; or 0- | | | | | MIXED CEREAL/ANIMAL CRACKE |
| unces (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 getable or fruit or a combination of | | | | | CARROT |
| $\mathbf{T}_{\mathbf{T}}$ | | 1 | 1 | 1 | |



| Services, Inc | Monday 9/4/23 | Tuesday 9/5/23 | Wednesday 9/6/23 | Thursday 9/7/23 | Friday 9/8/23 |
|---|----------------------------------|------------------------|-------------------------|------------------------|------------------------|
| BREAKFAST | Monady 27 17 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 MONITHS: 6-8 Eluid 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 egg, cooked dry beans or cooked | | | | | |
| dry peas; or 2 ounces of cheese; or 0- | RICE CEREAL | OATMEAL CEREAL | MULTIGRAIN CEREAL | HARD BOILED EGG | 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 | RASPBERRIES | BLUEBERRY APPLE | APPLESAUCE | TATOR TOTS | BANANAS |
| AM 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- | | | | | |
| dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- | WHOLE WHEAT TEETHING CRACKERS | WHOLE WHEAT CEREAL | WHOLE WHEAT TOAST | OATMEAL CEREAL | WHOLE GRAIN CRACKER |
| 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 | APPLESAUCE | PEACHES | STRAWBERRY | BLUEBERRIES | PEARS |
| LUNCH | | | | I | |
| 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- | BARLEY CEREAL | RICE CEREAL | MIXED 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 both | PEACHES | PEAS | GREEN BEANS | SUMMER SQUASH | SWEET POTATO |
| 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- | MULTIGRAIN CERFAL | BARLEY CEREAL | OATMEAL 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 | VEGETABLE SOUP | PINEAPPLE | BLUEBERRY | MIXED BERRIES | PRUNES |
| both | | | | | |
| DINNER 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 | I UNMULA / DREADI MILK | I UNMULA / DECAJI MILK | I ONMULA / DREADI MILLA | I UNMULA / DREADI MILK | I UNMULA / DREADI 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 | 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 vegetable or fruit or a combination of | ZUCHINNI | MIXED VEGETABLE | LIMA BEANS | COLLARD GREENS | PEAS |
| EVENING SNACK | | 1 | I | I | I |
| 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 MONITHS: 6-8 Fluid ounces | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK |
| broostwills (formula | | | + | | |
| breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons | | | | | |
| breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, | | | | | |
| 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 | BARLEY CEREAL | BARLEY CEREAL | RICE CEREAL |
| 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 | MIXED CEREAL | MULTIGRAIN CEREAL | BARLEY CEREAL | BARLEY CEREAL | RICE CEREAL |
| 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- | MIXED CEREAL | MULTIGRAIN CEREAL | BARLEY CEREAL | BARLEY CEREAL | RICE CEREAL |



| Services, Inc | Monday 9/11/23 | Tuesday 9/12/23 | Wednesday 9/13/23 | Thursday 9/14/23 | Friday 9/15/23 |
|--|--------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| BREAKFAST 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 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- | | RICE CEREAL | OATMEAL CEREAL | BARLEY 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 | | | | 4007407 | |
| vegetable or fruit or a combination of both | KASPBEKKIES | PEAR | SPINACH | APRICOT | BLUEBERRIES |
| AM 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- | | MULTIGRAIN CEREAL | RICE CEREAL | WHOLE WHEAT CEREAL | RICE CEREAL |
| 4 ounces (volume) cottage cheese; or 0- | | MULTIGRAIN CEREAL | RICE CEREAL | WHOLE WHEAT 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 both | APPLESAUCE | PRUNES | PLUMS | 100% APPLE JUICE | PEACHES |
| LUNCH BIRTH - 5 MONTHS: 4-6 Fluid ounces | | | | 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 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 | | OATMEAL CEREAL | WHOLE WHEAT CEREAL | OATMEAL 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 | GREEN BEANS | SWEET PEAS | FRENCH FRIES | SWEET PEPPERS | TOSSED SALAD/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 | MULTIGRAIN CEREAL/ANIMAL | | | | |
| dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0 | CRACKERS | MIXED CEREAL | BARLEY CEREAL | RICE 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 | PEACH | PINEAPPLE BLUEBERRY | PEACHES | STRAWBERRY BANANA | BANANA |
| 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- | MIXED CEREAL | WHOLE WHEAT CEREAL | MULTIGRAIN 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 | MIXED VEGETABLE | ZESTY CORN | POTATO SALAD | SAUTEED SPINACH | STIR FRY VEGGIES |
| EVENING 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 | | | | | |
| infant cereal, meat, fish, poultry, | | | | | |
| whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- | | BARLEY CEREAL | MIXED CEREAL | MULTIGRAIN CEREAL | WHOLE WHEAT CEREAL |
| 4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup vogurt; or 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 | CTNNAMON APPLESAUCE | PLUMS | WATERMELON | PEARS | APRICOT |



| Services, Inc | Monday 9/18/23 | Tuesday 9/19/23 | Wednesday 9/20/23 | Thursday 9/21/23 | Friday 9/22/23 |
|---|------------------------|-----------------------|-------------------------|-----------------------|-----------------------|
| 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 | 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 | 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 | | | | D / 000 FD D F F 0 | |
| vegetable or fruit or a combination of both | ORANGE SMILES (SLICES) | PLUMS | APPLESAUCE | RASPBERRIES | PEARS |
| AM 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- | RICE CEREAL | MULTIGRAIN CEREAL | BARLEY CEREAL | WHOLE WHEAT CEREAL | OATMEAL CEREAL |
| 4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a | 1 | | | | |
| combination of the above; and | | | | | |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of | AVOCADO | PRUNES | BLUEBERRIES | WATERMELON | PEACHES |
| both | | | | | |
| LUNCH 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- | OATMEAL CEDEAL /THEANT | | | | |
| dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0 | CHICKEN | MIXED CEREAL | WHOLE WHEAT CEREAL | RICE CEREAL | BARLEY CEREAL |
| 4 ounces (volume) corrage 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 | GRILLED TOMATOES | BROCCOLI | SWEET PEAS | GREEN BEANS |
| 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 | | | | | |
| infant cereal, meat, fish, poultry, | | | | | |
| whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- | | WHOLE WHEAT CEREAL | MIXED CEREAL | MULTIGRAIN 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 both | PEARS | SALSA | HONEYDEW MELON (MASHED) | BANANA | APRICOTS |
| 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 breastmilk/formula | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons | | | | | 1 |
| infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked | | | | | |
| dry peas; or 2 ounces of cheese; or 0- | MIXED CEREAL | RICE CEREAL | OATMEAL CEREAL | BARLEY CEREAL | WHOLE WHEAT CEREAL |
| 4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a | 1 | | | | |
| combination of the above; and | | | | | |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of | | CARROT | CORN | COLESLAW | MIXED VEGETABLES |
| both | | | | | |
| EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces | | | | | |
| breastmilk/formula 6 - 11 MONTHS: 6-8 Eluid 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- 4 ounces (volume) cottage cheese; or 0 | | BARLEY CEREAL | MULTIGRAIN CEREAL | OATMEAL CEREAL | MIXED CEREAL |
| 4 ounces or 1/2 cup yogurt; or a | | | | | |
| | 1 | | | | |
| combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons | | | | | |
| combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | HM CHICKEN NOODLE SOUP | HONEYDEW MELON | PEARS | PRUNES | PINEAPPLE |

Georgia Nutritienal Services, Inc

| Services, Inc | Monday 9/25/23 | Tuesday 9/26/23 | Wednesday 9/27/23 | Thursday 9/28/23 | Friday 9/29/23 |
|--|--|---|--|---|---|
| BREAKFAST 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- 4 ounces (volume) cottage cheese; or 0- | RICE CEREAL | OATMEAL CEREAL | MULTIGRAIN CEREAL | HARD BOILED EGG | BARLEY 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 | TATOR TOTS | STRAWBERRIES | BANANA | VEGGIE SALSA | RASPBERRIES |
| 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 | | | | | |
| infant cereal, meat, fish, poultry, | | | | | |
| whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- | BARLEY CEREAL | WHOLE WHEAT CEREAL | MIXED 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 both | | BLUEBERRIES | SAUSAGE PATTY | PEACHES | ORANGE SMILES |
| | | | | | |
| 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- | WHOLE WHEAT CEREAL | BARLEY 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 | CORN | GREEN BEANS | BROCCOLI | SWEET PEAS | GRILLED VEGETABLES |
| 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- 4 ounces (volume) cottage cheese; or 0- | MULTIGRAIN CEREAL | RICE CEREAL | WHOLE WHEAT CEREAL | RICE 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 | KIWI | CHICKPEAS (MASHED) | KIWI | BLUEBERRY APPLE | TOMATO BISQUE SOUP |
| both DINNER | | | 1 | I | 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 | | | | | |
| 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 | BARLEY CEREAL | WHOLE WHEAT CEREAL/INFANT | RICE CEREAL |
| 4 ounces (volume) cottage cheese; or 0 | OATMEAL CEREAL | MIXED CEREAL | BARLEY CEREAL | WHOLE WHEAT CEREAL/INFANT BEEF | RICE CEREAL |
| 4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a | OATMEAL CEREAL | MIXED 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 | | | | BEEF | |
| 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and | | MIXED CEREAL REFRIED PINTO BEANS | BARLEY CEREAL | | RICE CEREAL CARROTS |
| 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 EVENING SNACK | | | | BEEF | |
| 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 EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | | | | BEEF | |
| 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 EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces | KALE | REFRIED PINTO BEANS | CORN | BEEF PICO DE GALLO/SALSA | CARROTS |
| 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 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 | KALE FORMULA / BREAST MILK | REFRIED PINTO BEANS FORMULA / BREAST MILK | CORN FORMULA / BREAST MILK | BEEF PICO DE GALLO/SALSA FORMULA / BREAST MILK | CARROTS FORMULA / BREAST MILK |
| 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 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, | KALE FORMULA / BREAST MILK | REFRIED PINTO BEANS FORMULA / BREAST MILK | CORN FORMULA / BREAST MILK | BEEF PICO DE GALLO/SALSA FORMULA / BREAST MILK | CARROTS FORMULA / BREAST MILK |
| 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 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 | KALE FORMULA / BREAST MILK FORMULA / BREAST MILK | REFRIED PINTO BEANS FORMULA / BREAST MILK | CORN FORMULA / BREAST MILK | BEEF PICO DE GALLO/SALSA FORMULA / BREAST MILK | CARROTS FORMULA / BREAST MILK |
| 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 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- | KALE FORMULA / BREAST MILK FORMULA / BREAST MILK | REFRIED PINTO BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK | CORN FORMULA / BREAST MILK FORMULA / BREAST MILK | BEEF PICO DE GALLO/SALSA FORMULA / BREAST MILK FORMULA / BREAST MILK | CARROTS 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 6 - 11 MONTHS: 0-2 tablespoons 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- | KALE FORMULA / BREAST MILK FORMULA / BREAST MILK | REFRIED PINTO BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK | CORN FORMULA / BREAST MILK FORMULA / BREAST MILK | BEEF PICO DE GALLO/SALSA FORMULA / BREAST MILK FORMULA / BREAST MILK | CARROTS 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 6 - 11 MONTHS: 0-2 tablespoons 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- 4 ounces or 1/2 cup yogurt; or a | KALE FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL | REFRIED PINTO BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK | CORN FORMULA / BREAST MILK FORMULA / BREAST MILK | BEEF PICO DE GALLO/SALSA FORMULA / BREAST MILK FORMULA / BREAST MILK | CARROTS FORMULA / BREAST MILK FORMULA / BREAST MILK |