

| | | Wednesday 11/1/23 | Thursday 11/2/23 | Friday 11/3/23 |
|---|----------|-------------------------|-----------------------|----------------------------|
| BREAKFAST | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces | | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK |
| breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces | | TOTAL PORCHO! MADIC | TOTAL PROPERTY MADE | , Charles / Briefle / Made |
| | | 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 | | 2.0157.4505.11 | DEAL ALDE 11 | MINER GERE II |
| peas; or 2 ounces of cheese; or 0-4 | | BARLEY CEREAL | RICE 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 | | TATED TOTA | TDORTCAL EDUTT CALAR | DACREEDITE |
| vegetable or fruit or a combination of both | | TATER TOTS | TROPICAL FRUIT SALAD | RASPBERRIES |
| LUNCH | <u>_</u> | <u> </u> | <u> </u> | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces | T | | T | Ţ |
| breastmilk/formula | | 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 |
| breastmilk/formula | | 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 | | | | MULTI GRAIN CEREAL/INFANT |
| peas; or 2 ounces of cheese; or 0-4 | | RICE CEREAL | WHOLE WHEAT CEREAL | CHICKEN |
| 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 | MASHED FRENCH FRIES | SWEET PEAS |
| both | | 1 273 | MAGNED I RENOLI FRIES | סיינבו ובאס |
| PM SNACK | <u>'</u> | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces | | EODALII A / BDEAST MILK | FORMULA / PREAST MILK | FORMULA / PREAST MILK |
| breastmilk/formula | | 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 |
| 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 | | MIXED CEREAL | MULTI GRAIN CEREAL | BARLEY CEREAL/ENRICHED |
| ounces (volume) cottage cheese; or 0-4 | | MENCO CEREAL | MODIT GRAIN CEREAL | GOLDFISH |
| 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 | | BANANA/STRAWBERRY | TEETHING BISCUIT | TOMATO BISQUE SOUP |
| both | | | | |
| DUIN | | ı | | • |



| | Monday 11/6/23 | Tuesday 11/7/23 | Wednesday 11/8/23 | Thursday 11/9/23 | Friday 11/10/23 |
|---|-----------------------|----------------------------|-----------------------|-----------------------|-------------------------|
| 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 | | | | | |
| • | OATMEAL CEREAL | BARLEY CEREAL | RICE CEREAL | MIXED 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 | APRICOTS | TATER TOTS | BANANA | STRAWBERRY/BANANA | PLUMS |
| both | | | | | |
| 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 | | OATMEAL CEREAL/INFANT | | | |
| | BARLEY CEREAL | CHICKEN | MIXED CEREAL | BARLEY CEREAL | WHOLE WHEAT CEREAL/EGGS |
| 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 | CAPPOTS | PEAS | GREEN BEANS | SWEET PEAS | SWEET POTATO |
| both | CARRO 15 | | DREETY DEATHS | JWEET TEAS | SWEET TOTATO |
| 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 | TORMOLA / BREAST MILK | TORMOLA / BREAST MILK | TORMOLA / BREAST MILK | TORMOLA / BREAST MILE | TORMOLA / 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 | | | | | 2 121 21 222 11 1212 |
| | WHOLE WHEAT CEREAL | MIXED CEREAL/ENRICHED PITA | MULTI GRAIN CEREAL | | BARLEY CEREAL/OYSTER |
| ounces (volume) cottage cheese; or 0-4 | | BREAD | | CRACKERS | CRACKERS |
| 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 | VEGAN BEAN CHILI | TEETHING BISCUIT | APPLES | BLUEBERRIES | SPLIT PEA SOUP |
| both | <u> </u> | | | | <u> </u> |



| | Monday 11/13/23 | Tuesday 11/14/23 | Wednesday 11/15/23 | Thursday 11/16/23 | Friday 11/17/23 |
|--|-------------------------------|------------------------|-----------------------|------------------------|---------------------------|
| BREAKFAST | | | | | |
| 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 | | | | | |
| 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 | | D-45 45D5 H | | | D . D . D . D . D . D . D |
| • | OATMEAL CEREAL | RICE CEREAL | OATMEAL CEREAL | MIXED 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 | APPLES | PEACHES | PEARS | BANANA | MIXED BERRIES |
| both | A11 523 | TEAGLES | T CARO | DOISON | MINES DERRIES |
| 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 | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK |
| breastmilk/formula | TORMOCA / BREAST MIZER | TORMOUN / DREAGT MILER | TORMODA / DREAGT MADE | TORMOUN / DREAGT MILER | TORMODA / DREAGT MILK |
| 6 - 11 MONTHS: 0-4 tablespoons | | | | | |
| infant cereal, meat, fish, poultry, whole | | | | | |
| egg, cooked dry beans or cooked dry | | | | | |
| | WHOLE WHEAT CEREAL | MIXED CEREAL | RICE 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 | | | | | |
| vegetable or fruit or a combination of | STIR FRY VEGTABLES | PEAS | GREEN BEANS | ROASTED SQUASH | BROCCOLI |
| both | | | | none so o quiner | |
| 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 | 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 0-4 | MIXED CEREAL/TEETHING BUSCUIT | BARLEY CEREAL | MULTIGRAIN CEREAL | OATMEAL 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 | CANALOUPE (MASHED) | GUACAMOLE | PEARS | TEETHING BISCUIT | PEARS |
| both | | | | | |



| | Monday 11/20/23 | Tuesday 11/21/23 | Wednesday 11/22/23 | Thursday 11/23/23 | Friday 11/24/23 |
|--|-----------------------------|-------------------------|----------------------------|-----------------------------|--------------------------|
| BREAKFAST | | | | HAPPY THANKSGIVING | |
| 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 | | , change, , bhence mean | I STANGER / BREAKE / MEDIC | I STANGER & STANGER MEDIC | . Cramosky sherior mesk |
| 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 | BARLEY CEREAL | RICE CEREAL | OATMEAL CEREAL | MIXED CEREAL | 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 | CINNAMON APPLESAUCE | STRAWBERRY/BANANA | BANANA | BAKED APPLES | BLUEBERRIES |
| both | | | <u> </u> | | I . |
| LUNCH | | | T | | |
| 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 | | OATMEAL CEREAL/INFANT | | | MIXED CEREAL/RED BEANS & |
| peas; or 2 ounces of cheese; or 0-4 | RICE CEREAL/INFANT BEEF | CHICKEN | MULTIGRAIN CEREAL | BARLEY CEREAL/INFANT TURKEY | RICE |
| ounces (volume) cottage cheese; or 0-4 | | CHICKEIN | | | RICE |
| ounces or 1/2 cup yogurt; or a | | | | | |
| combination of the above; and | | | | | |
| 6 - 11 MONTHS: 0-2 tablespoons | DDOGGOLT | DO ACTED DOTATO MEDGES | CODA | MAGNED CWEET BOTATO | CTAIN LA MACAL ADDI EC |
| vegetable or fruit or a combination of both | BROCCOLI | ROASTED POTATO WEDGES | CORN | MASHED SWEET POTATO | CINNAMON APPLES |
| 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 0-4 | WHOLE WHEAT/ENRICHED GRAHAM | MULTICOATNI CEDEAL | MIXED CEREAL | RICE CEREAL | BARLEY CEREAL |
| ounces (volume) cottage cheese; or 0-4 | CRACKERS | MOLITORATIN CEREAL | MIVED CEKEAL | RICE CEREAL | DARLET CEREAL |
| 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 | PLUMS | STRAWBERRY/BANANA | PRUNES | TROPICAL FRUIT SALAD | PEACHES |
| both | | | | | |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of | PLUMS | STRAWBERRY/BANANA | PRUNES | TROPICAL FRUIT SALAD | PEACHES |



| | Monday 11/27/23 | Tuesday 11/28/23 | Wednesday 11/29/23 | Thursday 11/30/23 | |
|--|-------------------------|-----------------------|------------------------|-------------------------|--|
| BREAKFAST | | | | | |
| 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 | TORMODA / BREMOT MEDIC | TORMODA / BREAG MEDIC | TORMODA / BREACT MEDIC | TOTAMODA / DREAD! MEDIC | |
| 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 0-4 | OATMEAL CEREAL | RICE CEREAL | BARLEY CEREAL | WHOLE WHEAT CEREAL | |
| ounces (volume) cottage cheese; or 0-4 | | NICE SERVICE | DANGE / GENERAL | WHOSE WHEAT SEREAS | |
| 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 | APRICOTS | CINNAMON APPLESAUCE | RASPBERRIES | PEACHES | |
| both | | | | | |
| LUNCH | | | | | |
| BIRTH - 5 MONTHS: 4-6 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: 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 0-4 | RICE CEREAL | MIXED CEREAL | MULTIGRAIN CEREAL | BARLEY CEREAL | |
| ounces (volume) cottage cheese; or 0-4 | | MIXED CEREAL | MOLTIGRAIN CEREAL | BARLEY CEREAL | |
| 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 VEGGIES | PEAS | PRUNES | REFRIED BEANS | |
| both | | | | | |
| PM SNACK | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | |
| breastmilk/formula | TORMODA / BREMOT MEDIC | TORMODA / BREAG MEDIC | PORMODA PERCHANICA | TOTAMODA / DREAD! MEDIC | |
| 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 0-4 | MULTIGRAIN CEREAL/WHOLE | WHOLE WHEAT CEREAL | RICE CEREAL | MIXED CEREAL | |
| ounces (volume) cottage cheese; or 0-4 | WHEAT GOLDFISH | William Schene | The seneral | The series | |
| 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 | SPINACH | CANTALOUPE (MASHED) | APPLESAUCE | SMOOTHIE | |
| both | | | | | |