

		Wednesday 5/1/24	Thursday 5/2/24	Friday 5/3/24
BREAKFAST	·			
BIRTH - 5 MONTHS: 4-6 Fluid ounces		FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula		FORMULA / BREAST MILK	PORMULA / BREAST MILK	PORMULA / 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		MULTI GRAIN CEREAL	OATMEAL CEREAL	BARLEY CEREAL
cheese; or 0-4 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	APPLESAUCE	BLUEBERRIES
both				
LUNCH				
BIRTH - 5 MONTHS: 4-6 Fluid ounces		FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula		PORMULA / BREAST MILK	PORMULA / BREAST MILK	PORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces		FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula				l cramedri, cracino medi
infant cereal, meat, fish, poultry,				
whole egg, cooked dry beans or			MULTI ODANI OFDEAL	RICE CEREAL
cooked dry peas; or 2 ounces of				
cheese; or 0-4 ounces (volume)		MIXED CEREAL	MULTI GRAIN CEREAL	
cottage cheese; or 0-4 ounces or 1/2				
cup yogurt; or a combination of the				
6 - 11 MONTHS: 0-2 tablespoons				
·		TATER TOTS	CREEN REANS	DI ACK DEANS
vegetable or fruit or a combination of both		ITATER TOTS	GREEN BEANS	BLACK BEANS
PM SNACK		L	L	L
BIRTH - 5 MONTHS: 4-6 Fluid ounces		5004411 4 / 505 4 5T 115 11	FORMULA / PRE-LET 11711	500MH 4 / 505 467 477 4
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		TORMOLA / DREAD MILK	TORMODA / DREAD! MIDE	TORMODA / DREAD! MIER
infant cereal, meat, fish, poultry,				
whole egg, cooked dry beans or				
cooked dry peas; or 2 ounces of			L	
cheese; or 0-4 ounces (volume)		BARLEY CEREAL	RICE CEREAL	MULTIGRAIN CEREAL
cottage cheese; or 0-4 ounces or 1/2				
cup yogurt; or a combination of the				
6 - 11 MONTHS: 0-2 tablespoons				
vegetable or fruit or a combination of		RASPBERRIES	AVOCADOS	HONEYDEW MELON
		INAGEDERNIES	AVOCADOS	I DEW WELOW
both	l	l		<u>l</u>



	Monday 5/6/24	Tuesday 5/7/24	Wednesday 5/8/24	Thursday 5/9/24	Friday 5/10/24
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	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 MEDIC	TORMODA / DREAGT MADE	TORMODA / DREAGT MEER	TORMODA / DREAGT MIZER	TORMODA / DREAD! MEDI
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or					
cooked dry peas; or 2 ounces of	WHOLE WHEAT CEREAL	MUTLIGRAIN CEREAL	RICE CEREAL	MULTIGRAIN CEREAL	MIXED CEREAL
cheese; or 0-4 ounces (volume)	WHOLE WHEAT CEREAL	WOTLIGRAIN CEREAL	RICE CEREAL	MOLTIGRAIN CEREAL	WINED CEREAL
cottage cheese; or 0-4 ounces or 1/2					
cup yogurt; or a combination of the					
above; and					
6 - 11 MONTHS: 0-2 tablespoons	4 BB/ 50	OD ANOSO	B	ABBI FOALIOF	OTD AWDEDDY DANAMA
vegetable or fruit or a combination of	APPLES	ORANGES	BANANA	APPLESAUCE	STRAWBERRY BANANA
both LUNCH				I .	
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	FORMULA / PREACT MILK	EODALII A / DDE ACT ATLK	FORMULA / PREACT MILK	FORMULA / PREACT MILK	EODALII A / BDEACT MILK
breastmilk/formula o - 11 MOINTHS: U-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)	OATMEAL CEREAL	BARLEY CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL
cottage cheese; or 0-4 ounces or 1/2					
cup yogurt; or a combination of the					
6 - 11 MONTHS: 0-2 tablespoons			+	+	
vegetable or fruit or a combination of	POTATO SALAD	MIXED VEGETABLES	SAUTEED GREEN BEANS	ROASTED CAULIFLOWER	STIR FRY VEGGIES
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		, crancer , energy , mass		· Crancer / Cracro / mean	
	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 0 - 11 MOINTHS: 0-4 Tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or					
cooked dry peas; or 2 ounces of	MIXED CEREAL	OATMEAL CEREAL	MIXED CEREAL	RICE CEREAL	BARLEY CEREAL
cheese; or 0-4 ounces (volume)					
cottage cheese; or 0-4 ounces or 1/2					
cup yogurt; or a combination of the					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	PLUMS	TOMATO BISQUE SOUP	CARROTS	MIXED BERRIES	SWEET POTATO STICKS
both					



	Monday 5/13/24	Tuesday 5/14/24	Wednesday 5/15/24	Thursday 5/16/24	Friday 5/17/24
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	TORMODA / DREAGT MEEK	TORMODA / DREAGT MEER	TORMODA / DREAD! MEDR	TORMODA / DREAGI MEDIC	TORMODA / BREAD! MEEK
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or					
cooked dry peas; or 2 ounces of	BARLEY CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	MULTI GRAIN CEREAL	OATMEAL CEREAL
cheese; or 0-4 ounces (volume)	DANCET GENERAL	WHOLE WHEAT GENERAL	NOE GENERE	MOETI GRAIN GEREAE	OATMEAE GENEAE
cottage cheese; or 0-4 ounces or 1/2					
cup yogurt; or a combination of the					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	APRICOT	STRAWBERRIES	HASH BROWNS	KIWI	PEACHES
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	PORMULA / 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 0 - 11 MON 173: 0-4 Tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or					
cooked dry peas; or 2 ounces of	MUTLI GRAIN CEREAL	MIXED CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	BARLEY CEREAL
cheese; or 0-4 ounces (volume)	MOTE GRAIN CEREAL	WIXED CEREAL	WHOLE WHEAT CEREAL	INICE CEREAL	BARLET CEREAL
cottage cheese; or 0-4 ounces or 1/2					
cup yogurt; or a combination of the					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	GARDEN VEGETABLES	PEAS	GREEN BEANS	BROCCOLI	SPINACH & TOMATO SALAD
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	TOTAL PROPERTY OF THE PROPERTY	TORMODAL PORCAGO MIZER	PONNOSA PACAGO MESA	TOTAL PROPERTY OF THE PROPERTY	TORMODA A BREAGING
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
0 - 11 MONTAS, 0-4 Tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or					
cooked dry peas; or 2 ounces of	RICE CEREAL	MULTIGRAIN CEREAL	MULTIGRAIN CEREAL	BARLEY CEREAL	MULTIGRAIN CEREAL
cheese; or 0-4 ounces (volume)		3-1]		
cottage cheese; or 0-4 ounces or 1/2					
cup yogurt; or a combination of the					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	STRAWBERRY BANANA	TOMATO BISQUE	PEACHES	MANGOES	PEARS
both					



	Monday 5/20/24	Tuesday 5/21/24	Wednesday 5/22/24	Thursday 5/23/24	Friday 5/24/24
BREAKFAST					
breastmilk/formula	FORMULA / BREAST MILK				
l breastmilk/formula	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 0-4 ounces or 1/2 cup yogurt; or a combination of the	WHOLE WHEAT CEREAL	RICE CEREAL	MULTI GRAIN CEREAL	OATMEAL CEREAL	BARLEY CEREAL
vegetable or fruit or a combination of	PEACHES	PEARS	RASPBERRIES	APPLESAUCE	BANANAS
LUNCH				1	
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 0 - 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 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the	RICE CEREAL	OATMEAL CEREAL	BARLEY CEREAL	RICE CEREAL	MULTI GRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	SWEET POTATOES	FRENCH FRIES	GREEN BEANS	PEAS & CARROTS	ASPARAGUS
PM SNACK		I	I	I.	
RTDTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 0 - 11 MONTHS: 0-4 Tablespoons	FORMULA / BREAST MILK				
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or	WHOLE WHEAT TOAST	BARLEY CERAL	WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	BANANA	SPLIT PEA SOUP	PEAR / PINEAPPLES	GUACAMOLE	KIWI



	Monday 5/27/24	Tuesday 5/28/24	Wednesday 5/29/24	Thursday 5/30/24	Friday 5/31/24
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				
0 - 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)	WHOLE WHEAT CEREAL	RICE CEREAL	WHOLE WHEAT CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL
cottage cheese; or 0-4 ounces or 1/2					
cup yogurt; or a combination of the					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	 RASPBERRIES	BLUEBERRY	PEACHES	BLACKBERRIES	APPLESAUCE
both			1		
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK				
breastmilk/formula	TORMOLA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK				
breastmilk/formula 0 - 11 MOINTHS: U-4 Tablespoons		 			
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or					
cooked dry peas; or 2 ounces of	OATMEAL CEREAL	WHOLE GRAIN CEREAL	BARLEY CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL
cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2					
cup yogurt; or a combination of the					
the same and					
6 - 11 MONTHS: 0-2 tablespoons	CARDEN DEAC	CORN	CAULIFLOWER	PRUNES	BROCCOLI
vegetable or fruit or a combination of both	GARDEN PEAS	CORN	CAULIFLOWER	PRUNES	BROCCOLI
PM SNACK		•			
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK				
breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
0 - 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)	RICE CEREAL	BARLEY CEREAL	OATMEAL CEREAL	RICE CEREAL	MIXED CEREAL
cottage cheese; or 0-4 ounces or 1/2					
cup yogurt; or a combination of the					
6 - 11 MONTHS: 0-2 tablespoons					
6 - 11 MON 1 HS: 0-2 tablespoons vegetable or fruit or a combination of	HASHBROWNS	APRICOTS	APPLESAUCE	ORANGES	BANANA
both	IIAGIBIOWIG	NO013	ATT LEGACOL	OKANGEO	POMANA
שמוווטע		1			