

	Monday 7/1/24	Tuesday 7/2/24	Wednesday 7/3/24 🕱	Thursday 7/4/24	Friday 7/5/24
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 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)	WHOLE WHEAT CEREAL	OATMEAL CEREAL	RICE CEREAL	MIXED CEREAL	BARLEY 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 vegetable or fruit or a combination of both	BLUEBERRIES	RASPBERRIES	BANANA	SALSA	PEACHES
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 0 - 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 0-4 ounces or 1/2 cup yogurt; or a combination of the	RICE CEREAL	BARLEY CEREAL	MIXED CEREAL	OATMEAL CEREAL	MULTI GRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	SPINACH	BUTTERNUT SQUASH	SWEET POTATO FRIES	CARROTS	MASHED POTATO
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 0 - 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 0-4 ounces or 1/2 cup yogurt; or a combination of the	BARLEY CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CORN SALSA (MASHED)	HONEYDEW MELON (MASHED)	PEACHES	TOMATO BISQUE	BANANA



	Monday 7/8/24	Tuesday 7/9/24	Wednesday 7/10/24	Thursday 7/11/24	Friday 7/12/24
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 / BREAGI MIER	TORMODA / DREADT MIDE	TORMOLA / BREAST MILER	TORMOLA / BREAST MILK	TORMODA / DREAGI MIER
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or					
cooked dry peas; or 2 ounces of	WHOLE WHEAT CEREAL	CATHEAL CEDEAL	AND TE COATAL CEDE AL	DADIEV CEDEAL	ALLETT COATAL CEDEAL
cheese; or 0-4 ounces (volume)	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MULTI GRAIN CEREAL	BARLEY CEREAL	MULTI GRAIN 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	DI LIEDEDDV	PEACHES	TATOR TOTS	APRICOT	PLUM
vegetable or fruit or a combination of both	BLUEBERRY	PEACHES	TATOR TOTS	AFRICOT	PLOM
LUNCH				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	i chimesh , shene i mesh	i cramega, prigner might	, crancer, energy mean	- Cramour, Bright Made	, entine entire
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or					
cooked dry peas; or 2 ounces of	RICE CEREAL	MULTI GRAIN CEREAL	MIXED CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL
cheese; or 0-4 ounces (volume)		MOLII GRAIN CEREAL	MINED CEREAL	WHOLE WHEAT CEREAL	BARLEY 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	BROCCOLI	PEAS	MIXED VEGETABLES	FRENCH FRIES	SWEET POTATO
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					
	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 cheese; or 0-4 ounces (volume)	BARLEY CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MIXED 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	Lyona	DDI IN IEC	DTA IS 4001 S DE 45	KTMT	0540
vegetable or fruit or a combination of	AVOCADO	PRUNES	PINEAPPLE PEAR	kiwi	PEAR
both	l .				



	Monday 7/15/24	Tuesday 7/16/24	Wednesday 7/17/24	Thursday 7/18/24	Friday 7/19/24
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				
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	OATMEAL CEREAL	RICE CEREAL	BARLEY CEREAL	MIXED CEREAL
vegetable or fruit or a combination of	CANTALOUPE	APPLESAUCE	BLUEBERRIES	RASPBERRIES	PINEAPPLES
LUNCH					
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	OATMEAL CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL	RICE CEREAL	MULTI GRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	TOMATO BISQUE	PEAS	BROCCOLI	SWEET POTATO	CARROTS
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
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	BARLEY CEREAL	RICE CEREAL	MIXED CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	BROCCOLI	PEARS	MIXED BERRIES	KIWI	STRAWBERRY



	Monday 7/22/24	Tuesday 7/23/24	Wednesday 7/24/24	Thursday 7/25/24	Friday 7/26/24
BREAKFAST					
breastmilk/tormula	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	MULTI GRAIN CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	MIXED CEREAL	OATMEAL CEREAL
vegetable or fruit or a combination of both	RASPBERRIES	PEACHES	APPLESAUCE	STRAWBERRIES	oranges
LUNCH		<u> </u>		1	<u> </u>
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	BARLEY CEREAL	RICE CEREAL	OATMEAL CEREAL	MULTI GRAIN CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CAULIFLOWER (MASHED)	YELLOW SQUASH	CARROTS	GREEN BEANS	GRILLED VEGETABLES
PM SNACK		1			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	MIXED CEREAL	OATMEAL CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	SWEET POTATO	HONEYDEW MELON	VEGETABLE SOUP	APRICOT	PEAS



	Monday 7/29/24	Tuesday 7/30/24	Wednesday 7/31/2024	
BREAKFAST				
BIRTH - 5 MONTHS: 4-6 Fluid ounces 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				
infant cereal, meat, fish, poultry,				
whole egg, cooked dry beans or				
cooked dry peas; or 2 ounces of	WHOLE WHEAT CEREAL	RICE CEREAL	MIXED 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			<b>L</b>	
vegetable or fruit or a combination of	PEACHES	APPLES	BANANA	
LUNCH		<u> </u>	<u> </u>	
BIRTH - 5 MONTHS: 4-6 Fluid ounces		1	1	
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 0 - 11 MOINTHS: 0-4 Tablespoons	TORMOLA / BREAST MILK	TORMOLA / BREAST MILK	TORMOLA / BREAST MILK	
infant cereal, meat, fish, poultry,				
whole egg, cooked dry beans or				
cooked dry peas; or 2 ounces of	MULTI GRAIN CEREAL	BARLEY CEREAL	MULTIGRAIN CEREAL	
cheese; or 0-4 ounces (volume)	MODIT GRAIN GEREAL	DARDET GEREAL	MODITORALIA GEREAL	
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	CARROTS	SWEET PEAS	GREEN BEANS	
both CN14 CK			l	
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces		1	1	
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 0 - 11 MOINTHS: 0-4 Tablespoons		I Standard Charles Made	I STATE OF THE STA	
infant cereal, meat, fish, poultry,				
whole egg, cooked dry beans or				
cooked dry peas; or 2 ounces of	MIXED CEREAL	WHOLE WHEAT CEREAL	OATMEAL 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	FRUIT SALAD	CANTALOUPE	APPLESAUCE	
both				