

Services, Inc		Thursday 8/1/24	Friday 8/2/24
BREAKFAST		,	,
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula		FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces		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-		RICE 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			
vegetable or fruit or a combination of both		STRAWBERRY BANANA	CINNAMON APPLESAUCE
AM SNACK			
BIRTH - 5 MONTHS: 4-6 Fluid ounces		FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 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-		MULTIGRAIN CEREAL	BARLEY CEREAL
ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a			
4 ounces or 1/2 cup yogurt; or a combination of the above; and			
6 - 11 MONTHS: 0-2 tablespoons		DILIEDEDDIES	DANIANIA
regetable or fruit or a combination of		BLUEBERRIES	BANANA
LUNCH			
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula		FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces		FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons		TORMOLA / BREAST MILK	TORMOLA / BREAST MILK
infant cereal, meat, fish, poultry,			
hole egg, cooked dry beans or cooked			
Iry peas; or 2 ounces of cheese; or 0-		BARLEY 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		STEAMED CORN	CARROTS
both		STEAMED CORN	CARROTO
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces			
breastmilk/formula		FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces		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-		MULTI GRAIN CEREAL	RICE CEREAL
ary peas, or 2 ounces of cheese, or 0- Founces (volume) cottage cheese; or 0-		MULTI GRAIN CEREAL	RICE CEREAL
4 ounces or 1/2 cup yogurt; or a			
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons			
regetable or fruit or a combination of		RASPBERRIES	CHICKPEAS
both			
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces			Т
breastmilk/formula		FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces		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			
Iry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0-		WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL
4 ounces or 1/2 cup yogurt; or a			
combination of the above; and			
6 - 11 MONTHS: 0-2 tablespoons		CALIFELOWED	MVEN VECETARIES
egetable or fruit or a combination of both		CAULIFLOWER	MXED VEGETABLES
EVENING SNACK			
IRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula		FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces		FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons		I ORMOUR / DREAST MILK	I ONNOLA / DREAD! MILK
infant cereal, meat, fish, poultry,			
hole egg, cooked dry beans or cooked			
lry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0-		MIXED 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		KIWI	MANGO
both		1	



Services, inc	Manday 9 /5 /24	Tuesday 0 /4 /2/	W/advarday 0 /7/24	Thursday 0 /0 /2/	Frido., 9/0/24
DDEAKEAST	Monday 8/5/24	Tuesday 8/6/24	Wednesday 8/7/24	Thursday 8/8/24	Friday 8/9/24
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					
hreastmilk/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	OATMEAL CEREAL	RICE 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	PEACHES	RASPBERRIES	FRUIT SALAD	BLUEBERRIES	STRAWBERRIES
AM SNACK		<u> </u>			<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	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-		BARLEY CEREAL	MULTIGRAIN 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 both	HUMMUS/GARBANZO BEANS	APPLESAUCE	WATERMELON	KIWI	BLUEBERRY PINEAPPLE
LUNCH			•		<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 peas; or 2 ounces of cheese; or 0-		MIXED CEREAL	BARLEY CEREAL	OATMEAL 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	DEAG	ZUCCHINI	GREEN BEANS	SPINACH	SWEET POTATOES
vegetable or fruit or a combination of both	PEAS	ZUCCHINI	GREEN BEAINS	SPINACH	SWEET POTATOES
PM SNACK		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 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-		OATMEAL CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL
4 ounces (volume) cottage cheese; or 0		OATMEAL CEREAL	MIXED CEREAL	MOLITORAIN 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	BLUEBERRY STRAWBERRY	AVOCADO	PEARS	BANANA	PEACHES
both					
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula		<u></u>		T	
2. 343	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	WHOLE WHEAT 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				+	-
vegetable or fruit or a combination of	GREEN BEANS	PEAS	BAKED BEANS	BROCCOLI	CARROTS
EVENING SNACK				1	<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 peas; or 2 ounces of cheese; or 0-	OATMEAL CEREAL	MULTIGRAIN 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				<u> </u>	
	1 014/222 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	IDDUNEC	IVECETABLE COUR	THE ANICO (MACHEN)	PEARS
vegetable or fruit or a combination of both	SWEET POTATOES	PRUNES	VEGETABLE SOUP	MANGO (MASHED)	PEARS



Services, inc	Manualan, 0/12/24	T 0 /12 /24	W/a du a a day 0 /14 / 24	Thursday 0 /15 /24	Fraiday 0/1//24
BREAKFAST	Monday 8/12/24	Tuesday 8/13/24	Wednesday 8/14/24	Thursday 8/15/24	Friday 8/16/24
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 ounces (volume) cottage cheese; or 0		OATMEAL CEREAL	MIXED CEREAL	BARLEY 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	PEACHES	PEACHES	APRICOTS	TATOR TOTS	STRAWBERRIES
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			_		
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		DE GEDE AL	ALU TTOD ATAL GEOGRA	0.4745.41 (6555.41	MTV55
dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0		RICE CEREAL	MULTIGRAIN CEREAL	OATMEAL 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	RASPBERRIES	BLUEBERRIES	APPLESAUCE	WATERMELON
both LUNCH		ı	1	1	1
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 / DREADT MEDIC	TORMODA / DREAD! MILER	TORMODA 7 DREAGT MILER	TORMODA / DREADT MEDIC	TORMODA / DREADT MEDIC
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-		MIXED CEREAL	OATMEAL CEREAL	RICE CEREAL	MULTIGRAIN CEREAL
4 ounces (volume) cottage cheese; or 0		MERCO GENERA	ONT MENS CENERS	Nade delicing	MODI ZONNETV OCNEND
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	CARROT	SWEET POTATEOS	TOMATO SOUP	MIXED VEGETABLES	ROASTED POTATOES
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					
dry peas; or 2 ounces of cheese; or 0-		MULTIGRAIN CEREAL	WHOLE WHEAT 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	PTNF4PPLF	PEARS	KIWI	PEACHES	KIWI
both					
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces			T		T
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-		BARLEY 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	PEAS	GREEN BEANS	CORN	CARROTS	SWEET POTATO
both 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			+		+
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		WILOUE WILEAT SEREN	DADLEY SECTAL	AND TECHATAL SERVE AL	DICE CEDE A
dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0		WHOLE WHEAT CEREAL	BARLEY CEREAL	MULTIGRAIN 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	PEARS	APPLESAUCE	PLUMS	BLUEBERRY STRAWBERRY	BLUBERRY PINEAPPLE
both	<u> </u>	l		1	



Services, inc	Monday 8/19/24	Tuesday 8/20/24	Wednesday 8/21/24	Thursday 8/22/24	Friday 8/23/24
BREAKFAST	//(officially 07 137 2 1	Tuesday 0/ 20/ 2 T	Wednesday 0/21/21	Thui saay 0/22/21	111day 0/20/21
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	WHOLE WHEAT CEREAL	BARLEY CEREAL	MIXED 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	WATERMELON	SPINACH	PEAR	PEACHES	STRAWBERRIES
both 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		TOTAL POLICE MEDICAL PROPERTY OF THE PROPERTY	- COMODALA SACAGE MEDIC	, crawesh, shere i mask	I OKMOSAY, SKEAOY MESK
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-		MIXED CEREAL	OATMEAL CEREAL	RICE 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	PEACHES	HUMMUS (GARBANZO BEANS)	RASPBERRIES	BLUEBERRIES	RASPBERRIES
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 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 ONNOUN / DREAGI MILK	OUWORY A PUCHO! WITH	OUWORY A PUCHO I WITH	ONMODA / BREAST MILK	I OUWOLY / PUCHO! WITH
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-		MULTIGRAIN CEREAL	WHOLE WHEAT 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	BROCCOLI	ZUCCHINI	GREEN BEANS	SWEET POTATO FRIES	PEAS
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 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
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	BLUEBERRIES	PINEAPPLE	PLUMS	APPLESAUCE	AVOCADO
both DINNER					
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	BARLEY CEREAL	RICE CEREAL	OATMEAL 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 vegetable or fruit or a combination of	PEAS	SWEET POTATO	SPINACH	BROCCOLI	CORN
EVENING 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-	MIXED CEREAL	OATMEAL CEREAL	MIXED CEREAL	WHOLE WHEAT 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	MANGO	CARROT	BANANA	PEARS	PEACHES
both					



ı	Monday 8/26/24	Tuesday 8/27/24	Wednesday 8/28/24	Thursday 8/29/24	Friday 8/30/24
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	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	TORMOLA / BREAST MILE	TORMOLA / BREAST MILK	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 cheese; or 0-		OATMEAL CEREAL	RICE CEREAL	BARLEY CEREAL	WHOLE GRAIN 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	DEACHEC	PEARS	RASPBERRIES	BLUEBERRY	APPLESAUCE
both	reaches	FEARS	RASFBERRIES	blueberry	AFFLESAUCE
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	TORMOLA / BREAD! MILER	TORMOLA / BREAGT MILE	TORMOLA / DREAGT MILE	TORMOLA / BREAGI MILK	TORMODA / DREAD! MIER
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0-		MULTIGRAIN CEREAL	BARLEY CEREAL	RICE CEREAL	WHOLE WHEAT 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	TATOR TOTA	EDUTT CALAR MATY	ADDI EGALICE	DEACHE	WATERACION
vegetable or fruit or a combination of both	IAIUK IUIS	FRUIT SALAD MIX	APPLESAUCE	PEACHES	WATERMELON
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 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / PREACT ATLY	FORMULA / PDEACT MT1"	FORMULA / PREACT MALE	FORMULA / PREACT MELL	EODMINA / PREACT MEN
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	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MIXED 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					
vegetable or fruit or a combination of	SWEET POTATO	GREEN BEANS	FRENCH FRIES	BROCCOLI	SWEET PEAS
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 / RREACT MILK	FORMULA / RREACT MILK	FORMULA / RREACT ATLK	FORMULA / DDFACT ATLK	CODALILA / DDEACT ATLK
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-		BARLEY CEREAL	MULTIGRAIN CEREAL	OATMEAL CEREAL	RICE CEREAL
4 ounces (volume) cottage cheese; or 0-					
4 . 1/2					
4 ounces or 1/2 cup yogurt; or a combination of the above; and					
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		BANANA	TOMATO BISQUE	BANANA	PINEAPPLE BLUEBERRY
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons		BANANA	TOMATO BISQUE	BANANA	PINEAPPLE BLUEBERRY
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces	HONEYDEW MELON		<u> </u>		
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	HONEYDEW MELON FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	HONEYDEW MELON		<u> </u>		
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	HONEYDEW MELON FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both DINNER 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,	HONEYDEW MELON FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both DINNER 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	HONEYDEW MELON FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
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combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both DINNER 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 combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons	HONEYDEW MELON FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK
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