

		Thursday 8/1	1/24 Friday 8/2/24
BREAKFAST	·		
BIRTH - 5 MONTHS: 4-6 Fluid ounces		FORMULA / BREAST MI	ILK FORMULA / BREAST MILK
breastmilk/formula		FORMULA / BREAST M.	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces		FORMULA / BREAST MI	ILK 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 ounces (volume)		RICE CEREAL	MIXED 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		STRAWBERRY BANANA	CINNAMON APPLESAUCE
both			
LUNCH			
BIRTH - 5 MONTHS: 4-6 Fluid ounces		FORMULA / BREAST MI	ILK FORMULA / BREAST MILK
breastmilk/formula		FORMULA / BREAST M.	FORMULA / BREAST MILE
6 - 11 MONTHS: 6-8 Fluid ounces		FORMULA / BREAST MI	ILK FORMULA / BREAST MILK
breastmilk/formula o - 11 MOINTHS: 0-4 Tablespoons			
infant cereal, meat, fish, poultry,			
whole egg, cooked dry beans or			
cooked dry peas; or 2 ounces of		ם אמן דיע מדמב או	OATMEN GEREN
cheese; or 0-4 ounces (volume)		BARLEY CEREAL	OATMEAL 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		STEAMED CORN	CARROTS
both		STEAMED CORN	CARROTS
PM SNACK			
BIRTH - 5 MONTHS: 4-6 Fluid ounces		F05.44.4.7.555.657.45	FOR WILL A / 255 4 CT 447 14
breastmilk/formula		FORMULA / BREAST M	ILK FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces		FORMULA / BREAST MI	ILK FORMULA / BREAST MILK
breastmilk/formula 0 - 11 MOINTHS: 0-4 Tablespoons		TORMODA / DREAGT MA	TORMODA / DREAGT MEDIC
infant cereal, meat, fish, poultry,			
whole egg, cooked dry beans or			
cooked dry peas; or 2 ounces of			
cheese; or 0-4 ounces (volume)		MULTI GRAIN 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			
		D A CODEDATE C	CHTCUDEAC
vegetable or fruit or a combination of		RASPBERRIES	CHICKPEAS
both			



	Monday 8/5/24	Tuesday 8/6/24	Wednesday 8/7/24	Thursday 8/8/24	Friday 8/9/24
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 / DREAG! MIER	TORMOLA / DREAGT MILER	TORMOLA / BREAGT MILK	TORMODA / DREAGT MEEK	TORMOLA / DREAST MEEK
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or					
cooked dry peas; or 2 ounces of	AALII TTCD ATAL CEDE AL	WILLION E MILLE AT CEDE AL	CATMEN CEDEN	חדמב מבתב או	DADLEY CEDEAL
cheese; or 0-4 ounces (volume)	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	RICE 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	DEACHEC	RASPBERRIES	FRUIT SALAD	BLUEBERRIES	CTD AWDEDDIEC
vegetable or fruit or a combination of both	FEACHES	RASPBERRIES	FROIT SALAD	BLUEBERRIES	STRAWBERRIES
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	i chimosh y sherio i mesh		, crawer, energy mean	- Charles Made	- Chimedri y Brighter Millian
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or					
cooked dry peas; or 2 ounces of	WHOLE WHEAT CEREAL	MIXED CEREAL	BARLEY CEREAL	OATMEAL CEREAL	RICE CEREAL
cheese; or 0-4 ounces (volume)	WHOLE WHEAT CEREAL	MIXED CEREAL	BARLEY CEREAL	OATMEAL 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	PEAS	ZUCCHINI	GREEN BEANS	SPINACH	SWEET POTATOES
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					
breastmilk/formula	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)	MIXED CEREAL	OATMEAL CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL
cottage cheese; or 0-4 ounces or 1/2					
cup yogurt; or a combination of the					
6 - 11 MONTHS: 0-2 tablespoons					
•	DILIEREDDY STD AWREDDY	AVOCADO	DEADE	BANANA	DEACHES
vegetable or fruit or a combination of	DLUEDERKI SIKAWBERKI	AVOCADO	PEARS	DAINAINA	PEACHES
both					



	Monday 8/12/24	Tuesday 8/13/24	Wednesday 8/14/24	Thursday 8/15/24	Friday 8/16/24
BREAKFAST					
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	RICE CEREAL	OATMEAL CEREAL	MIXED CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL
vegetable or fruit or a combination of both	PEACHES	PEACHES	APRICOTS	TATOR TOTS	STRAWBERRIES
LUNCH			•		
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	MIXED CEREAL	OATMEAL CEREAL	RICE CEREAL	MULTIGRAIN CEREAL
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				
breastmilk/formula	FORMULA / BREAST MILK				
o - 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	MIXED CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL	MIXED CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PINEAPPLE	PEARS	KIWI	PEACHES	KIWI



	Monday 8/19/24	Tuesday 8/20/24	Wednesday 8/21/24	Thursday 8/22/24	Friday 8/23/24
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
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	RICE CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL	MIXED CEREAL	OATMEAL CEREAL
vegetable or fruit or a combination of both	WATERMELON	SPINACH	PEAR	PEACHES	STRAWBERRIES
LUNCH			•		
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	OATMEAL CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	BROCCOLI	ZUCCHINI	GREEN BEANS	SWEET POTATO FRIES	PEAS
PM SNACK			1		
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
breastmilk/formula	FORMULA / BREAST MILK				
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	MULTIGRAIN CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	BLUEBERRIES	PINEAPPLE	PLUMS	APPLESAUCE	AVOCADO



	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				
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	WHOLE GRAIN CEREAL
vegetable or fruit or a combination of	PEACHES	PEARS	RASPBERRIES	BLUEBERRY	APPLESAUCE
LUNCH			l .	L .	L
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 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	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MIXED CEREAL	MIXED CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	SWEET POTATO	GREEN BEANS	FRENCH FRIES	BROCCOLI	SWEET PEAS
PM SNACK		•			
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	BARLEY CEREAL	MULTIGRAIN CEREAL	OATMEAL CEREAL	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	HONEYDEW MELON	BANANA	TOMATO BISQUE	BANANA	PINEAPPLE BLUEBERRY