

	Monday 9/2/2024	Tuesday 9/3/2024	Wednesday 9/4/2024	Thursday 9/5/2024	Friday 9/6/2024
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				
6 - 11 MONTH5: 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	RICE CEREAL	OATMEAL CEREAL	MULTIGRAIN CEREAL	OATMEAL CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEACHES	STRAWBERRIES	FRUIT COCKTAIL	ĸīwī	CINNAMON APPLES
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	WHOLE WHEAT CEREAL	BARLEY CEREAL	RICE CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	BROCCOLI	GREEN BEANS	SWEET PEAS	SWEET PEAS	CARROTS
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	MULTIGRAIN CEREAL	RICE CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	MIXED CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	BANANA	CHICKPEAS (MASHED)	AVOCADO	BLUEBERRY APPLE	ĸīWI



	Monday 9/9/24	Tuesday 9/10/24	Wednesday 9/11/24	Thursday 9/12/24	Friday 9/13/24
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
ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	RICE CEREAL	WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL	MIXED CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	RASPBERRIES	BLUEBERRY APPLE	HONEYDEW MELON (MASHED)	TATER TOTS	BANANAS
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 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	BARLEY CEREAL	RICE CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEAS	BROCCOLI	CARROTS	SUMMER SQUASH	SWEET 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	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 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	MULTIGRAIN CEREAL	BARLEY CEREAL	OATMEAL CEREAL	RICE CEREAL	MULTIGRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	VEGETABLE SOUP	PINEAPPLE	FRUIT SALAD	MIXED BERRIES	PRUNES



	Monday 9/16/24	Tuesday 9/17/24	Wednesday 9/18/24	Thursday 9/19/24	Friday 9/20/24
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					
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					
	WHOLE WHEAT CEREAL	RICE CEREAL	OATMEAL 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	RASPBERRIES	PEAR	CINNAMON APPLES	APRICOT	BLUEBERRIES
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					
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					
	RICE CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MULTIGRAIN 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	GREEN BEANS	SWEET PEAS & CARROTS	OVEN BAKED FRENCH FRIES	SWEET PEPPERS (AGE APPROP.)	TOSSED SALAD/CARROTS
both					
PM SNACK			T	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	FORMULA / BREAST MILL	FORMULA / DREAST MILL	FORMULA / BREAST MILL	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	MULTIGRAIN CEREAL	MIXED CEREAL	BARLEY CEREAL	RICE CEREAL	OATMEAL CEREAL
ounces (volume) cottage cheese; or 0-4	MULITORATIN CEKEAL	MINED CEREAL	DARLET CEREAL	KICE CEKEAL	CATMEAL 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	PEACH SMOOTHIE	PINEAPPLE BLUEBERRY	KIWI	SWEET POTATO FRIES	BANANA
both					



	Monday 9/23/24	Tuesday 9/24/24	Wednesday 9/25/24	Thursday 9/26/24	Friday 9/27/24
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					
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	WHOLE WHEAT CEREAL	OATMEAL CEREAL	RICE CEREAL	MIXED CEREAL	MULTIGRAIN 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	ORANGE SMILES (SLICES)	PLUMS	APPLESAUCE	RASPBERRIES	PEARS
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					
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	OATMEAL CEREAL	MIXED CEREAL	WHOLE WHEAT CEREAL	RICE 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	ANDOTO	GRILLED TOMATOES	CREAMED SPINACH	SWEET PEAS	GREEN BEANS
both	CARROIS	GRILLED TOMATOES	CREAMED SPINACH	SWEET PEAS	GREEN DEAINS
PM SNACK					<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	FORMULA / BREAST MILK	FORMOLA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA 7 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 0-4	BARLEY CEREAL	WHOLE WHEAT CEREAL	MIXED CEREAL	MULTIGRAIN 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	PEARS	SALSA	CURRY ROASTED CAULIFLOWER	BANANA	APRICOTS
both					



	Manday 0/20/24		
	Monday 9/30/24		
BREAKFAST			
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK		
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	· · · · · · · · · · · · · · · · · · ·		
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK		
6 - 11 MONTHS: 0-4 tablespoons	<u> </u>		
infant cereal, meat, fish, poultry, whole			
egg, cooked dry beans or cooked dry			
	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	TATOR TOTS		
both		 	
LUNCH			
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK		
breastmilk/formula	FURMULA / BREADI MILK		
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK		
breastmilk/formula			
6 - 11 MONTHS: 0-4 tablespoons			
infant cereal, meat, fish, poultry, whole			
egg, cooked dry beans or cooked dry			
	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	1		
vegetable or fruit or a combination of	GRILLED VEGETABLES		
both			
PM SNACK			
BIRTH - 5 MONTHS: 4-6 Fluid ounces			
breastmilk/formula	FORMULA / BREAST MILK		
6 - 11 MONTHS: 6-8 Fluid ounces	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		
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	SI KAWBERKIES		
both			