

Services, Inc					Enide: 11/1/24
BREAKFAST					Friday 11/1/24
BIRTH - 5 MONTHS: 4-6 Fluid ounces					
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces					FORMULA / BREAST MILK
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-					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					BANANAS
both					
AM SNACK		1			
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula					FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces					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					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					PRUNES
both	<u> </u>		I		
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-					MULTI GRAIN CEREAL/INFANT
4 ounces (volume) cottage cheese; or 0					CHICKEN
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 PEAS
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces					FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces					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-					BARLEY CEREAL/ENRICHED
4 ounces (volume) cottage cheese; or 0					GOLDFISH
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					TOMATO BISQUE SOUP
DINNER	1	1	1	1	1
BIRTH - 5 MONTHS: 4-6 Fluid ounces					FORMULA / BREAST MILK
breastmilk/formula 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-					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					
6 - 11 MON 1H5: U-2 tablespoons vegetable or fruit or a combination of					SWEET POTATOES
both					
EVENING 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
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-					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					PLUMS
501H					



	Monday 11/4/24	Tuesday 11/5/243	Wednesday 11/6/24	Thursday 11/7/24	Friday 11/8/24
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	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
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	BARLEY CEREAL	RICE 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					
	APRICOTS	TATER TOTS	BANANA	HONEYDEW MELON	PLUMS
both					
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 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		MUTLIGRAIN CEREAL/CHEESE	BARLEY CEREAL/TEETHING		
dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0	RICE CEREAL/TEETHING BISCUIT	CRACKERS	BISCUIT	MUTLIGRAIN 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	CANTALOUPE (MASHED)	TROPICAL FRUIT SALAD	APRICOTS	CINNAMON APPLES	РАРАУА
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	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	OATMEAL CEREAL/INFANT CHICKEN	MIXED CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL
4 ounces (volume) cottage cheese; or 0		CHICKEN			
4 ounces or 1/2 cup yogurt; or a combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
2	GREEN BEANS	SWEET PEAS	VEGGIE SALSA	SWEET POTATOES	HASHBROWNS
PM SNACK					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK				
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces 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 FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	FORMULA / BREAST MILK				
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK			FORMULA / BREAST MILK
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastmilk/formula 6 - 11 MONTHS: 0-4 Fluid ounces bereastmilk/formula 6 - 11 MONTHS: 0-4 rablespoors infant cereal, meat, fish, poultry, whole egg, corked dry bears or corked dry peas; or 2 ounces of cheese; or 0-	FORMULA / BREAST MILK	FORMULA / BREAST MILK			FORMULA / BREAST MILK BARLEY CEREAL/OYSTER
PM SNACK BIRTH - 5 MONTHIS: 4-6 Fluid ounces breastmill/formula 6 · 11 MONTHS: 6-8 Fluid ounces breastmill/formula 6 · 11 MONTHS: 0-4 tablespons infart cerea, meat, fish, politry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheses; or 0 ounces (volume) cottage cheses; or 0	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastmilk/formula 6 - 11 MONTHS: 0-4 Fluid ounces bereastmilk/formula 6 - 11 MONTHS: 0-4 rablespoors infant cereal, meat, fish, poultry, whole egg, corked dry bears or corked dry peas; or 2 ounces of cheese; or 0-	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces bereactill/formula 6 - 11 MONTHS: 6-8 Fluid ounces bereactill/formula 6 - 11 MONTHS: 0-4 tablespont infant cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (orlung-lottings cheese; or 0 4 ounces or 1/2 cup yagurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespont	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL	FORMULA / BREAST MILK MIXED CEREAL/ENRICHED PITA BREAD	FORMULA / BREAST MILK MULTI GRAIN CEREAL	FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER CRACKERS
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastmilk/ormula 6 - 11 MONTHS: 6-8 Fluid ounces bereastmilk/ormula 6 - 11 MONTHS: 0-4 tablespoons infart cereal, meat, fish, poultry, whole egg, cocked dry bears or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces or 1/2 cap yogurt, or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastillk/formula 6 · 11 MONTHS: 6-8 Fluid ounces bereastillk/formula 6 · 11 MONTHS: 0-4 thablespont infant cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (orlung) cottage cheese; or 0 4 ounces or 1/2 cup yagurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 thablespont	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL	FORMULA / BREAST MILK MIXED CEREAL/ENRICHED PITA BREAD	FORMULA / BREAST MILK MULTI GRAIN CEREAL	FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER CRACKERS
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 Tablespons infart cereal, neat, fish, poultry, whole egg, cooked dry beams or cooked dry pass; or 2 ounces of cheese; or 0- 4 ounces for U/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 Tablespond vegetable of fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL VEGAN BEAN CHILI	FORMULA / BREAST MILK MIXED CEREAL/ENRICHED PITA BREAD APPLESAUCE	FORMULA / BREAST MILK MULTI GRAIN CEREAL PEACHES	FORMULA / BREAST MILK RICE CEREAL ORANGES	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER CRACKERS SPLIT PEA SOUP
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastmil/formula 6 - 11 MONTHS: 6-8 Fluid ounces bereastmil/formula 6 - 111 MONTHS: 0-4 tablespons infant cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of theses; or 0 4 ounces (orlung: cottage cheses; or 0 4 ounces or 1/2 cup yogurt; or a combination of the dowe; and 6 - 111 MONTHS: 0-2 tablespons vegetable or fruit or a combination of both DINNER	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL VEGAN BEAN CHILI FORMULA / BREAST MILK	FORMULA / BREAST MILK MIXED CEREAL/ENRICHED PITA BREAD APPLESAUCE FORMULA / BREAST MILK	FORMULA / BREAST MILK MULTI GRAIN CEREAL PEACHES FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL ORANGES FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER CRACKERS SPLIT PEA SOUP FORMULA / BREAST MILK
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastmik/formula 6 - 11 MONTHS: 6-8 Fluid ounces bereastmik/formula 6 - 11 MONTHS: 0-4 Tablespons infart carea, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of theolesc; or 0 4 ounces (volume, or theolesc; and 6 - 11 MONTHS: 0-2 Tablespons vegetable or fruit or a combination of bath DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastmik/formula	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL VEGAN BEAN CHILI	FORMULA / BREAST MILK MIXED CEREAL/ENRICHED PITA BREAD APPLESAUCE	FORMULA / BREAST MILK MULTI GRAIN CEREAL PEACHES	FORMULA / BREAST MILK RICE CEREAL ORANGES	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER CRACKERS SPLIT PEA SOUP
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastmil/formula 6 - 11 MONTHS: 6-8 Fluid ounces bereastmil/formula 6 - 111 MONTHS: 0-4 tablespons infant careal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces or lurd cup yogurt; or a combination of the above; and 6 - 111 MONTHS: 0-2 tablespons vegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces berastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL VEGAN BEAN CHILI FORMULA / BREAST MILK	FORMULA / BREAST MILK MIXED CEREAL/ENRICHED PITA BREAD APPLESAUCE FORMULA / BREAST MILK	FORMULA / BREAST MILK MULTI GRAIN CEREAL PEACHES FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL ORANGES FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER CRACKERS SPLIT PEA SOUP FORMULA / BREAST MILK
PM SNACK BIRTH - 5 MONTHIS: 4-6 Fluid ounces bereastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces bereastmilk/formula 6 - 111 MONTHS: 0-4 Tublespoons infart cerea, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (orlune) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-4 Fluid ounces BIRTH - 5 MONTHS: 4-6 Fluid ounces berastmilk/formula 6 - 11 MONTHS: 6-6 Fluid ounces berastmilk/formula 6 - 11 MONTHS: 6-6 Fluid ounces for the ounces of the ounces beatsmilk/formula 6 - 11 MONTHS: 6-6 Fluid ounces for the ounces of the ounces for the ounces of the ounces for the ounces of the ounces 6 - 11 MONTHS: 0-6 Fluid ounces	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL VEGAN BEAN CHILI FORMULA / BREAST MILK	FORMULA / BREAST MILK MIXED CEREAL/ENRICHED PITA BREAD APPLESAUCE FORMULA / BREAST MILK	FORMULA / BREAST MILK MULTI GRAIN CEREAL PEACHES FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL ORANGES FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER CRACKERS SPLIT PEA SOUP FORMULA / BREAST MILK
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastmilk/formula 6 · 11 MONTHS: 6-8 Fluid ounces bereastmilk/formula 0 · 11 MONTHS: 0-4 trablespons infant careal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (onlune) cottage cheese; or 0 4 ounces or 1/2 cup vogurt; or a combination of the above; and 6 · 11 MONTHS: 0-2 trablespons wegetable or fruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 trablespons	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL VEGAN BEAN CHILI FORMULA / BREAST MILK	FORMULA / BREAST MILK MIXED CEREAL/ENRICHED PITA BREAD APPLESAUCE FORMULA / BREAST MILK	FORMULA / BREAST MILK MULTI GRAIN CEREAL PEACHES FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL ORANGES FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER CRACKERS SPLIT PEA SOUP FORMULA / BREAST MILK
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastmik/formula 6 - 11 MONTHS: 6-8 Fluid ounces bereastmik/formula 6 - 11 MONTHS: 0-4 Tablespons infart cerea.g. meat, fish, poultry, whole egg, coaked dry bears or coaked dry peas; or 2 aunces of cheess; or 0 4 aunces (or law) cottage cheess; or 0 5 aunces (or law) cottage cheess; or 0 5 aunces (or law) cottage cheess; or 0 beth DINNER BIRTH - 5 MONTHS: 4-6 Fluid aunces breastmik/formula 6 - 11 MONTHS: 0-4 Tablespons infart cereal, meat, fish, poultry, whole egg, coaked dry bears or coaked dry peas; or 2 aunces of chees; or 0 aunces (or law) cottage cheese; or 0	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL VEGAN BEAN CHILI FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK MIXED CEREAL/ENRICHED PITA BREAD APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK MULTI GRAIN CEREAL PEACHES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL ORANGES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER CRACKERS SPLIT PEA SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastill/formula 6 · 11 MONTHS: 6-8 Fluid ounces bereastill/formula 6 · 11 MONTHS: 0-4 tablesponts infant cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese: or 0 4 ounces (orlung) cottage cheese: or 0 4 ounces (orlung) cottage cheese: or 0 6 · 11 MONTHS: 0-2 tablesponts beth DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastill/formula 6 · 11 MONTHS: 6-4 Fluid ounces bereastill/formula 6 · 11 MONTHS: 0-4 tablesponts infant cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese: or 0 4 ounces or U/2 cup yogurt; or a	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL VEGAN BEAN CHILI FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK MIXED CEREAL/ENRICHED PITA BREAD APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK MULTI GRAIN CEREAL PEACHES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL ORANGES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER CRACKERS SPLIT PEA SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK
PM SNACK BIRTH - 5 MONTH's: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTH's: 6-8 Fluid ounces breastmilk/formula 6 - 111 MONTH's: 0-4 Tablespoons infart cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of chees; or 0- 4 ounces or 1/2 cap yogurt; or a combination of the above; and 6 - 111 MONTH's: 0-4 Fluid ounces breatsmilk/formula 6 - 111 MONTH's: 6-4 Fluid ounces cheratsmilk/formula 6 - 111 MONTH's: 6-4 Fluid ounces breatsmilk/formula 6 - 111 MONTH's: 6-4 Fluid ounces cheratsmilk/formula	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL VEGAN BEAN CHILI FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK MIXED CEREAL/ENRICHED PITA BREAD APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK MULTI GRAIN CEREAL PEACHES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL ORANGES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER CRACKERS SPLIT PEA SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastill/formula 6 · 11 MONTHS: 6-8 Fluid ounces bereastill/formula 6 · 11 MONTHS: 0-4 tablesponts infant cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese: or 0 4 ounces (orlung) cottage cheese: or 0 4 ounces (orlung) cottage cheese: or 0 6 · 11 MONTHS: 0-2 tablesponts beth DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastill/formula 6 · 11 MONTHS: 6-4 Fluid ounces bereastill/formula 6 · 11 MONTHS: 0-4 tablesponts infant cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese: or 0 4 ounces or 1/2 cup yogurt; or a	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL VEGAN BEAN CHILI FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL	FORMULA / BREAST MILK MIXED CEREAL/ENRICHED PITA BREAD APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK MULTI GRAIN CEREAL PEACHES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL ORANGES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER CRACKERS SPLIT PEA SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces bereastilk/formula 6 - 11 MONTHS: 0-4 Tablespons infart cerea, meet, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of theses; or 0 4 ounces (orlaw, contex), or tablespons vegetable or fruit or a combination of beth <b>DINNER</b> BIRTH - 5 MONTHS: 0-2 Tablespons vegetable or fruit or a combination of beth <b>DINNER</b> BIRTH - 5 MONTHS: 0-4 Fluid ounces bereastilk/formula 6 - 11 MONTHS: 0-4 Fluid ounces bereastilk/formula 6 - 11 MONTHS: 0-4 Tablespons infart cerea, meet, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces or fluid ounces; or 0 4 ounces (orlaw, contege, and 6 - 11 MONTHS: 0-4 Tablespons vegetable of fruit or a combination of 4 ounces (orlaw, contege), contege of the ounce; or 4 ounces (orlaw, contege), contege of the ounce; or 6 - 11 MONTHS: 0-2 Tablespons vegetable or fruit or a combination of the above; and 6 - 11 MONTHS: 0-2 Tablespons	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL VEGAN BEAN CHILI FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL	FORMULA / BREAST MILK MIXED CEREAL/ENRICHED PITA BREAD APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL/INFANT TURKEY	FORMULA / BREAST MILK MULTI GRAIN CEREAL PEACHES FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL	FORMULA / BREAST MILK RICE CEREAL ORANGES FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER CRACKERS SPLIT PEA SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT CHICKER
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastmilk/formula 6 - 11 MONTHS: 0-6 Fluid ounces bereastmilk/formula 6 - 11 MONTHS: 0-4 Fluid ounces dry pacs; or 2 ounces of cheese; or 0- 4 ounces (orlume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 Tablespons bereastmilk/formula 6 - 11 MONTHS: 0-4 Fluid ounces bereastmilk/formula 6 - 11 MONTHS: 0-4 Tablespons infant cereal, meat, fish, poultry, whole seg, cooked dry beams or cooked of y peas; or 2 ounces of cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 Tablespons vegetable or fruit or a combination of both EVENUES SNACK	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL VEGAN BEAN CHILI FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL FRENCH FRIES	FORMULA / BREAST MILK MIXED CEREAL/ENRICHED PITA BREAD APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL/INFANT TURKEY CORN	FORMULA / BREAST MILK MULTI GRAIN CEREAL PEACHES FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL PEAS & CARROTS	FORMULA / BREAST MILK RICE CEREAL ORANGES FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL MIXED VEGETABLES	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER CRACKERS SPLIT PEA SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT CHICKEP OKRA
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PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces bereastmik/formula 6 - 11 MONTHS: 6-8 Fluid ounces bereastmik/formula 6 - 11 MONTHS: 0-4 Tablespons infart carea, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (ounce) cottage: cheese; or 0 4 ounces or U/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 Tablespons wegetable or fruit or a combination of bath DENNER BIRTH - 5 MONTHS: 6-4 Fluid ounces bereastmik/formula 6 - 11 MONTHS: 6-4 Fluid ounces bereastmik/formula 6 - 11 MONTHS: 0-4 tablespons ounces or U/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-4 tablespons infant careal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces or U/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespons vegetable or fruit or a combination of bath EVENITMS: 0-2 tablespons vegetable or fruit or a combination of bath EVENITMS: 0-4 falued ounces BIRTH - 5 MONTHS: 0-4 falued ounces BIRTH - 5 MONTHS: 0-4 falued ounces bereastmik/formula 6 - 11 MONTHS: 0-2 falued ounces bereastmik/formula 6 - 11 MONTHS: 0-2 falued ounces bereastmik/formula	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL VEGAN BEAN CHILI FORMULA / BREAST MILK FORMULA / BREAST MILK FRENCH FRIES FORMULA / BREAST MILK	FORMULA / BREAST MILK MIXED CEREAL/ENRICHED PITA BREAD APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL/INFANT TURKEY CORN	FORMULA / BREAST MILK MULTI GRAIN CEREAL PEACHES FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL PEAS & CARROTS FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL ORANGES FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL MIXED VEGETABLES FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER CRACKERS SPLIT PEA SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT CHICKEP OKRA FORMULA / BREAST MILK
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PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Fluid ounces infrant cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry pacs; or 2 ounces of cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 0 - 111 MONTHS: 0-2 Tablespons breastmilk/formula 6 - 111 MONTHS: 0-4 Fluid ounces breastmilk/formula 6 - 111 MONTHS: 0-4 Fluid ounces breastmilk/formula 6 - 111 MONTHS: 0-4 Fluid ounces breastmilk/formula 6 - 111 MONTHS: 0-2 tablespons infrant cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked of y pacs; or 2 ounces of cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 0 - 111 MONTHS: 0-2 tablespons vegetable or fruit or a combination of both 0 - 111 MONTHS: 0-2 tablespons vegetable or fruit or a combination of both 0 - 111 MONTHS: 0-4 fluid ounces breastmilk/formula 6 - 111 MONTHS: 0-4 fluid ounces breastmilk/formula 6 - 111 MONTHS: 0-4 tablespons infant cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry pacs; or 2 ounces of cheese; or 0 ounces or 10 meats fluid ounces breastmilk/formula	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL VEGAN BEAN CHILI FORMULA / BREAST MILK FORMULA / BREAST MILK FORMULA / BREAST MILK FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL	FORMULA / BREAST MILK MIXED CEREAL/ENRICHED PITA BREAD APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL/INFANT TURKEY CORN FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK MULTI GRAIN CEREAL PEACHES FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL PEAS & CARROTS FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK RICE CEREAL ORANGES FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL MIXED VEGETABLES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK BARLEY CEREAL/OYSTER CRACKERS SPLIT PEA SOUP FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT CHICKEP OKRA FORMULA / BREAST MILK FORMULA / BREAST MILK FORMULA / BREAST MILK
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	Monday 11/11/24	Tuesday 11/12/24	Wednesday 11/13/24	Thursday 11/14/24	Friday 11/15/24
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
6 - 11 MONTHS: 0-4 tablespoons		Toninobri 7 bricho 1 mabic	Formount / Dichor Mabic	Ponnobri / Dichor mabic	ronnour / unchor mask
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked	OATMEAL CEREAL	RICE CEREAL	OATMEAL CEREAL	MIXED CEREAL	BARLEY CEREAL
dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0		RICE CEREAL	CATMERL CEREAL	MINED CEREAL	DARLET GEREAL
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	APPLES	PEACHES	RASPBERRIES	BANANA	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
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,					
vhole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0		WHOLE WHEAT CEREAL	BARLEY CEREAL	MULTIGRAIN 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	PEARS	FRUIT SALAD	TATER TOTS	PEACHES	BLUEBERRIES
both					l
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-		MIXED CEREAL	RICE CEREAL	BARLEY CEREAL	MIXED CEREAL
I 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	STTR FRY VEGTABLES	PEAS	GREEN BEANS	ROASTED SQUASH	BROCCOLI
both			UREEN DEANS	KOAD120 DQ0AD11	DROCCOLL
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces			L		
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	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,		1			
whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0-		BARLEY CEREAL	MULTIGRAIN CEREAL	OATMEAL CEREAL	RICE CEREAL
t ounces (volume) cottage cheese; or 0		BARLEY CEREAL	MULTIGRAIN 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		BARLEY CEREAL	MULTIGRAIN CEREAL	OATMEAL CEREAL	RICE CEREAL
e 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					
tounces (volume) cottage cheese; or 0 dounces or 1/2 cup yogurt; or a combination of the above; and for 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both		BARLEY CEREAL BLUEBERRIES	MULTIGRAIN CEREAL PINEAPPLE PEAR	OATMEAL CEREAL APPLESAUCE	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 both DINNER	CANALOUPE (MASHED)	BLUEBERRIES			
e ounces (volume) cottage cheese; or O 4 ounces or 1/2 cup yagurt; or a combination of the above; and 6 - 11 MONTHS: O-2 Tablespoors wegetable or fruit or a combination of both <b>DINNER</b> 21RTH - 5 MONTHS: 4-6 Fluid ounces breastmik/formula	CANALOUPE (MASHED)				
ounces (valume) cottage cheses: or 0 4 ounces or 1/2 cup yogurt; or a combination of the above: and 6 - 11 MONTHS: 0-2 tublespoons beth DINIER URTH - 5 MONTHS: 4-5 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	CANALOUPE (MASHED) FORMULA / BREAST MILK	BLUEBERRIES	PINEAPPLE PEAR	APPLESAUCE	PEARS
le unces (volume) cottage cheses, or 0 4 eurces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 Tablespoons yegetable of rhuit or a combination of both DINNER 318TH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespoons	CANALOUPE (MASHED) FORMULA / BREAST MILK	BLUEBERRIES FORMULA / BREAST MILK	PINEAPPLE PEAR FORMULA / BREAST MILK	APPLESAUCE FORMULA / BREAST MILK	PEARS FORMULA / BREAST MILK
l ounces (volume) cottage cheese: or 0 4 ounces or 1/2 cup yagurt; or a combination of the above: and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of <b>DINNER</b> SIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-8 fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infard creal, meat, fish, poulty,	CANALOUPE (MASHED) FORMULA / BREAST MILK	BLUEBERRIES FORMULA / BREAST MILK	PINEAPPLE PEAR FORMULA / BREAST MILK	APPLESAUCE FORMULA / BREAST MILK	PEARS FORMULA / BREAST MILK
to unces (volume) cottage cheses, or 0 4 ounces or 1/2 cup yegurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 Tablespoons yegetable of rule or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilly/formula 6 - 11 MONTHS: 0-4 Tablespoons 6 - 11 MONTHS: 0-4 Tablespoons	CANALOUPE (MASHED) FORMULA / BREAST MILK FORMULA / BREAST MILK	BLUEBERRIES FORMULA / BREAST MILK	PINEAPPLE PEAR FORMULA / BREAST MILK	APPLESAUCE FORMULA / BREAST MILK	PEARS FORMULA / BREAST MILK
i ounces (volume) cottage chease; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTH5: 0-2 tublespoons vegetable or fruit or a combination of <b>DINNER</b> BIRTH - 5 MONTH5: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTH5: 0-4 tublespoons infant cereal, neat, fish, politry, whole gg, cooked dry beans or cooked dry pass; or 2 ounces of chease; or 0- ounces (volume) cottage chease; or 0-	CANALOUPE (MASHED) FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL	BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK	PINEAPPLE PEAR FORMULA / BREAST MILK FORMULA / BREAST MILK	APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK
le unces (volume) cottage cheese: or 0 4 aureas or 1/2 cup yogurt; or a combination of the above: and 6 - 11 MONTHS: 0-2 tubbespoons wegetable of riruit or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmik/formula 6 - 11 MONTHS: 0-4 tubbespoons infant cereal, meat, fich, poultry, whole gag, cooked dry beans or cooked ry pass; or 2 ounces of cheese; or 0-	CANALOUPE (MASHED) FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL	BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK	PINEAPPLE PEAR FORMULA / BREAST MILK FORMULA / BREAST MILK	APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK
le unces (volume) cottage cheses, or 0 4 eurces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons wegetable of rhut or a combination of both DINNER 31RTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, hole egg, coaked dry beans or cooked dry peas; or 2 ounces of cheses; or 0 4 ounces (volume) cottage cheses; or 0 ounces (volume) cottage cheses; or 0 6 - 11 MONTHS: 0-2 tablespoons	CANALOUPE (MASHED) FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL	BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/	PINEAPPLE PEAR FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL	APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL
le unces (volume) cottage cheses, or 0 4 eurces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons wegetable of rhut or a combination of both DINNER 31RTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, hole egg, coaked dry beans or cooked dry peas; or 2 ounces of cheses; or 0 4 ounces (volume) cottage cheses; or 0 ounces (volume) cottage cheses; or 0 6 - 11 MONTHS: 0-2 tablespoons	CANALOUPE (MASHED) FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL	BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK	PINEAPPLE PEAR FORMULA / BREAST MILK FORMULA / BREAST MILK	APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK
ounces (valume) cottage cheses, or 0 4 eunces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tublespoons tublespoons both DINNER DINTH - 5 MONTHS: 4-5 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-4 fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tublespoons infant cereal, meat, field, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-2 tublespoons ounces (valume) cottage cheses, or 0 ounces of 0-11 MONTHS: 0-2 tublespoons vegetable or fruit or a combination of both EVENTNG SNACK	CANALOUPE (MASHED) FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL STEAMED ZUCCHINI	BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/	PINEAPPLE PEAR FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL	APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL
ounces (valume) cottage cheses. or 0 4 aunces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tublespoons both DINNER URTH - 5 MONTHS: 4-5 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tublespoons infant cereal, meat, fich, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-4 tublespoons infant cereal, meat, fich, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-4 tublespoons infant cereal, meat, fich, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-2 tublespoons or ounces (valume) cottage cheses; or 0- ounces (valume) cottage chese; or 0- ounces (valume) cott	CANALOUPE (MASHED) FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL STEAMED ZUCCHINI	BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/	PINEAPPLE PEAR FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL	APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL
eunces (volume) cottage cheese: or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoors wegetable of rirul or a combination <b>DINNER</b> 3IRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-2 tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-2 tablespoors infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoors eggetable of rirul or a combination of both <b>EVENING SNACK</b> 2IRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	CANALOUPE (MASHED) FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL STEAMED ZUCCHINI FORMULA / BREAST MILK	BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/ BROCCOLI	PINEAPPLE PEAR FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CORN	APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL SAUTEED SPINACH	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL BAKED SWEET POTATO
ounces (volume) cottage cheses. or 0 4 eunces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tublespoons both DINNER URTH - 5 MONTHS: 4-5 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tublespoons infant cereal, meat, fich, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-4 tublespoons infant cereal, meat, fich, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-4 tublespoons infant cereal, meat, fich, poultry, whole egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-2 tublespoons ounces (volume) cottage cheses; or 0- ounces (volume) cottage chese; or 0- oun	CANALOUPE (MASHED) FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL STEAMED ZUCCHINI FORMULA / BREAST MILK	BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/ BROCCOLI FORMULA / BREAST MILK	PINEAPPLE PEAR FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CORN FORMULA / BREAST MILK	APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL SAUTEED SPINACH FORMULA / BREAST MILK	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL BAKED SWEET POTATO FORMULA / BREAST MILK
l 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 of rut or a combination of both DINNER SIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-8 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked o combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons i 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 both EVENING Stafe Ald ounces breatsmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry,	CANALOUPE (MASHED) FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL STEAMED ZUCCHINI FORMULA / BREAST MILK	BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/ BROCCOLI FORMULA / BREAST MILK	PINEAPPLE PEAR FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CORN FORMULA / BREAST MILK	APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL SAUTEED SPINACH FORMULA / BREAST MILK	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL BAKED SWEET POTATO FORMULA / BREAST MILK
le unces (volume) cottage cheses: or 0 4 ources or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 Tablespoons vegetable of rirut or a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespoons infant cereal, meat, fish, poultry, vegetable of rurut or a combination of 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, vegetable of rurut or a combination of both EVENTNO SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-4 fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 fluid ounces breastmilk/formula 1 or 1000 rurts: 0-4 fluid ounces breastmilk/formula 1 or 100 rurts: 0-4 fluid ounces breastmilk/formula 1 0 rurts: 0-4 fluid ounces 1 0	CANALOUPE (MASHED) FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL STEAMED ZUCCHINI FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL/MULTIGRAIN	BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/ BROCCOLI FORMULA / BREAST MILK	PINEAPPLE PEAR FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CORN FORMULA / BREAST MILK FORMULA / BREAST MILK	APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL SAUTEED SPINACH FORMULA / BREAST MILK FORMULA / BREAST MILK	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL BAKED SWEET POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK
Le unces (volume) cottage chesse, or 0 4 eurces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 Tablespoors yegetable of rhur or a combination of both DINNER 2017H - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespoors infant cereal, meat, fish, poultry, whole egg, coked dry bears or cooked dry peas: or 2 ounces of chesse; or 0- ounces (volume) cottage chesse; or 0- to aunces (volume) cottage chesse; or 0- both EVENING SNACK 31RTH - 5 MONTHS: 0-4 Tablespoors both EVENING SNACK 31RTH - 5 MONTHS: 0-4 Tablespoors both EVENING SNACK 31RTH - 5 MONTHS: 0-4 Tablespoors both Data - 11 MONTHS: 0-4 Tablespoors both and the stablespoors both and the stablespoors both and the stablespoors both and the stablespoors breastmik/formula 6 - 11 MONTHS: 0-4 Tablespoors breastmik/formula 6 - 11 MONTHS: 0-4 tablespoors breastmik/formula breastmik/formula breastmik/formula bre	CANALOUPE (MASHED) FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL STEAMED ZUCCHINI FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL/MULTIGRAIN CHEEDTOS	BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/ BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK	PINEAPPLE PEAR FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CORN FORMULA / BREAST MILK	APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL SAUTEED SPINACH FORMULA / BREAST MILK	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL BAKED SWEET POTATO FORMULA / BREAST MILK
i 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 both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 Tablespoons infant cereal, meat, fish, poultry, whale egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whale egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whale egg, cooked dry beans or cooked 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, de unces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-4 foliad ounces breastmill/formula 6 - 11 MONTHS: 0-4 foliad ounces breastmill/formula 6 - 11 MONTHS: 0-4 foliad ounces breastmill/formula 6 - 11 MONTHS: 0-4 roblespoons infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- ounces (volume) cortage cheese; or 0- ounces (volume) cor	CANALOUPE (MASHED) FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL STEAMED ZUCCHINI FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL/MULTIGRAIN CHEEDTOS	BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/ BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK	PINEAPPLE PEAR FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CORN FORMULA / BREAST MILK FORMULA / BREAST MILK	APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL SAUTEED SPINACH FORMULA / BREAST MILK FORMULA / BREAST MILK	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL BAKED SWEET POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK
ounces (volume) cottage chesse, or 0 4 eunces or 1/2 cup yogurt, or a combination of the above; and 6 - 11 MONTHS: 0-2 Tablespoons regetable of ritur or a combination of both DINNER IIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespoons infant cereal, meat, fish, poultry, whole egg, coked dry benar or cooked dry peas; or 2 ounces of chesse; or 0- ounces (volume) cottage chesse; or 0- ounces (volume) cottage chesse; or 0- ounces (volume) cottage chesse; or 0- both EVENING SNACK 2017HS: 0-4 Tablespoons both EVENING SNACK 2017HS: 0-4 Fluid ounces breastmil/formula 6 - 11 MONTHS: 0-4 Fluid ounces breastmil/formula 6 - 11 MONTHS: 0-4 Tablespoons regetable or fruit or a combination of both EVENING SNACK 2017H - 5 MONTHS: 4-6 Fluid ounces breastmil/formula 6 - 11 MONTHS: 0-4 Tablespoons references or 2 ounces of chesse; or 0- ounces (volume) cottage chesse; or 0- ounc	CANALOUPE (MASHED) FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL STEAMED ZUCCHINI FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL/MULTIGRAIN CHEERIOS	BLUEBERRIES FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/ BROCCOLI FORMULA / BREAST MILK FORMULA / BREAST MILK	PINEAPPLE PEAR FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL CORN FORMULA / BREAST MILK FORMULA / BREAST MILK	APPLESAUCE FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL SAUTEED SPINACH FORMULA / BREAST MILK FORMULA / BREAST MILK	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL BAKED SWEET POTATO FORMULA / BREAST MILK FORMULA / BREAST MILK



	Monday 11/18/24	Tuesday 11/19/24	Wednesday 11/20/24	Thursday 11/21/24	Friday 11/22/24
BREAKFAST			<b>,</b>		
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	TORMOLA / DREADT MILL	TORMOLA / DREADT MILK	TORMOLA / DREAST MILK	TORMOLA 7 DECAST MILE	TORMOLA / DREADT 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	OATMEAL CEREAL	MIXED 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	CINNAMON APPLESAUCE	STRAWBERRY/BANANA	ORANGE	РАРАУА	HONEYDEW MELON
both	CINNAMON AFFLESAUCE	STRAWBERR7/BANANA	ORANDE	FAFA7A	HONE DEW MELON
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
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry,					
vhole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0- l ounces (volume) cottage cheese; or 0		MIXED CEREAL	BARLEY CEREAL	OATMEAL 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	SPINACH	APRICOT	PINEAPPLE/PEARS	BLUEBERRIES	ORANGE SMILES
both					
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
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked			MULTIGRAIN CEREAL		MIXED CEREAL/RED BEANS &
dry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0		OATMEAL CEREAL	MOLTIGRAIN CEREAL	BARLEY CEREAL	RICE
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	ROASTED POTATO WEDGES	CORN	REFRIED BEANS	CINNAMON APPLES
both					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces					
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	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	MULTIGRAIN CEREAL	MIXED CEREAL	RICE CEREAL	BARLEY CEREAL
ounces (volume) cottage cheese; or 0	4				
4 ounces or 1/2 cup yogurt; or a	1				
combination of the above: and					
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons					
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of		STRAWBERRY/BANANA	PRUNES	BEAR SMOOTHIE (BANANA)	PEACHES
6 - 11 MONTHS: 0-2 tablespoons regetable or fruit or a combination of both		STRAWBERRY/BANANA	PRUNES	BEAR SMOOTHIE (BANANA)	PEACHES
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both DINNER VIRTH - 5 MONTHS: 4-6 Fluid ounces	PEARS	STRAWBERRY/BANANA	PRUNES	BEAR SMOOTHIE (BANANA) FORMULA / BREAST MILK	PEACHES
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both <b>DINNER</b>	PEARS FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
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	PEARS				
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both <b>DINNER</b> 3IRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	PEARS FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-2 Tablespoors vegetable or fruit or a combination of both <b>DINNER</b> 31RTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 tablespoors infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK
6 - 11 MONTHS: 0-2 Tablespons 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 Tablespons infant cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked ry pess: or 2 ounces of cheese; or 0-	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT TURKEY	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-7 tablespoors vegetable or fruit or a combination of both DINNER IRTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 tablespoors infant cereal, neat, fish, poultry, whole egg, cooked dry bears or cooked dry pass; or 2 ounces of cheese; or 0 ounces (volume) cottage cheese; or 0	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT TURKEY	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT
6 - 11 MONTHS: 0-2 Tablespons vegetable or fruit or a combination of both DINNER IITH - 5 MONTHS: 4-6 Fluid aunces breastmilk/formula 6 - 11 MONTHS: 6-6 Fluid aunces 0- 11 MONTHS: 6-4 Fluid aunces infant creat, meat, fish, poultry, whole egg, cooked dry beans or cooked dry pass; or 2 ounces of chess; or 0- aunces (volume) cottage chesse; or 0- 4 aunces or 1/2 cup yagurt; or a combination of the above; and	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT TURKEY	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT
6 - 11 MONTHS: 0-2 Tablespons vegetable or fruit or a combination of both DINNER JIRTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 Fluid ounces infant cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese; or 0 a 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 tablespons	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT TURKEY	FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT CHICKEN
6 - 11 MONTHS: 0-2 Tablespons vegetable or fruit or a combination of both DINNER JIRTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 Fluid ounces infant cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese; or 0 a 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 tablespons	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT TURKEY	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT
6 - 11 MONTHS: 0-2 tablespons exceptable or fruit on a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-8 fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons infant cereal, meat, fish, poultry, hale seg, cooked dry bears or cooked 6 - 11 20 ONTHS: 0-4 tablespons 6 - 11 20 ONTHS: 0-2 tablespons 6 - 11 20 ONTHS: 0-2 tablespons 6 - 11 MONTHS: 0-2 tablespons 6 - 11 MONTHS: 0-2 tablespons both EVENTNG SNACK	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT TURKEY GREEN BEANS	FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT CHICKEN
6 - 11 MONTHS: 0-2 tablespons exceptable or fruit on a combination of both DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-8 fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons infant cereal, meat, fish, poultry, hale seg, cooked dry bears or cooked 6 - 11 20 ONTHS: 0-4 tablespons 6 - 11 20 ONTHS: 0-2 tablespons 6 - 11 20 ONTHS: 0-2 tablespons 6 - 11 MONTHS: 0-2 tablespons 6 - 11 MONTHS: 0-2 tablespons both EVENTNG SNACK	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT TURKEY GREEN BEANS	FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT CHICKEN
6 - 11 MONTHS: 0-2 tablespons vegetable or fruit or a combination of both DINNER IRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-9 Fluid ounces infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 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 tablespons regetable or fruit or a combination of both EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT TURKEY GREEN BEANS	FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROT	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL ZUCCHINI	FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL SWEET PEAS	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT CHICKEN CREAMED SPINACH
6 - 11 MONTHS: 0-2 Tablespons vegetable or fruit or a combination of both DINNER IRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked 6 - 11 20 VDT 145: 0-4 tablespons i ounces (volume) cottage cheese: or 0 o unces (volume) cottage cheese: or 0 6 - 11 MONTHS: 0-2 tablespons 6 - 11 MONTHS: 0-2 tablespons both EVENTNO SNACK IITH - 5 MONTHS: 4-6 Fluid ounces breastmik/formula	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT TURKEY GREEN BEANS FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROT FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL ZUCCHINI FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL SWEET PEAS FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT CHICKEN CREAMED SPINACH FORMULA / BREAST MILK
6 - 11 MONTHS: 0-2 Tablespoors vegetable or fruit or a combination of both DINNER 3IRTH - 5 MONTHS: 4-6 Fluid cunces breastmilk/formula 6 - 11 MONTHS: 0-4 Fluid ounces infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0 uonces (volume and; fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces or U2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 Tablespoors vegetable or fruit or a combination of both EVENING SNACK 3IRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT TURKEY GREEN BEANS FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROT FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL ZUCCHINI FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL SWEET PEAS FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT CHICKEN CREAMED SPINACH FORMULA / BREAST MILK
6 - 11 MONTHS: 0-2 Tablespons vegetable or fruit or a combination of both     DINNER     JENT- 5 MONTHS: 4-6 Fluid ounces breastmilk/formula     6 - 11 MONTHS: 0-8 Fluid ounces breastmilk/formula     6 - 11 MONTHS: 0-4 Tablespons     infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked     6 - 11 MONTHS: 0-4 Tablespons     to cunces of cheese: or 0     4 ounces or 1/2 cup segurit. or a     combination of the above: and     6 - 11 MONTHS: 0-2 Tablespons     EVENTNG SNACK     IRTH- 5 MONTHS: 0-4 Fluid ounces     breastmilk/formula     6 - 11 MONTHS: 0-4 fluid ounces     breastmilk/formula	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT TURKEY GREEN BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROT FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL ZUCCHINI FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL SWEET PEAS FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT CHICKEN CREAMED SPINACH FORMULA / BREAST MILK FORMULA / BREAST MILK
6 - 11 MONTHS: 0-2 Tablespons vegetable or fruit or a combination of both DINNER BITH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 6-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 6-6 Fluid ounces infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas: ar 2 ounces of cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 Tablespons ucces for 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 Tablespons BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT TURKEY GREEN BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROT FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL ZUCCHINI FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL SWEET PEAS FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT CHICKEN CREAMED SPINACH FORMULA / BREAST MILK
6 - 11 MONTHS: 0-2 Tablespons vegetable or fruit on a combination of both DINNER ISTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-6 Tablespons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked for pass: n-2 ounces of cheese; or 0- a ounces (volume) cottage cheese: or 0 a ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 Tablespons infant cereal, meat, fish, poultry, wegetable of fruit or a combination of both EVENING SNACK 3IBTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas: or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0-	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT TURKEY GREEN BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROT FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL ZUCCHINI FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL SWEET PEAS FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT CHICKEN CREAMED SPINACH FORMULA / BREAST MILK FORMULA / BREAST MILK
6 - 11 MONTHS: 0-2 Tablespoors vegetable or fruit or a combination of both DINNER IRTH - 5 MONTHS: 4-6 Filuid aunces breastmilk/formula 6 - 11 MONTHS: 6-3 Filuid aunces breastmilk/formula 6 - 11 MONTHS: 6-3 Filuid aunces formest, 6-4 Filuid aunces breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespoors aunces (volume) cottage cheese; or 0- aunces (volume) cottage cheese; or 0- both EVENING SNACK IRTH - 5 MONTHS: 4-6 Filuid aunces breatsmilk/formula 6 - 11 MONTHS: 6-6 Filuid aunces breatsmilk/formula 7 - 10 - 000000000000000000000000000	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT TURKEY GREEN BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROT FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL ZUCCHINI FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL SWEET PEAS FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT CHICKEN CREAMED SPINACH FORMULA / BREAST MILK FORMULA / BREAST MILK
6 - 11 MONTHS: 0-2 Tablespons vegetable or fruit on a combination of both DINNER IRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespons infant cereal, meat, fish, paultry, whole egg, cooked dry beans or cooked combination of the above; and 6 - 11 MONTHS: 0-2 Tablespons combination of the above; and 6 - 11 MONTHS: 0-2 Tablespons combination of the above; and 6 - 11 MONTHS: 0-4 Tablespons 10 - 11 MONTHS: 0-4 Fluid ounces both EVENING SNACK IRTH - 5 MONTHS: 6-4 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespons infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0- ounces (volume) c	PEARS FORMULA / BREAST MILK FORMULA / BREAST MILK MIXED CEREAL/INFANT TURKEY GREEN BEANS FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL CARROT FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL ZUCCHINI FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK MULTIGRAIN CEREAL SWEET PEAS FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT CHICKEN CREAMED SPINACH FORMULA / BREAST MILK FORMULA / BREAST MILK



Services, inc	Monday 11/25/24	Tuesday 11/26/24	Wednesday 11/27/24	Thursday 11/28/24	Friday 11/29/24
BREAKFAST				HAPPY THANKSGIVING	
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
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked		RICE CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL
dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0	CATMERL CEREAL	RICE CEREAL	BARLET CEREAL	WHOLE WHEAT CEREAL	DARLET 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	APRICOTS	PEACHES	RASPBERRIES	APPLES	HASHBROWN
both	11120010	. End i Ed		A. 1 200	
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
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	MULTIGRAIN CEREAL	OATMEAL 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	DE AD C		D ANI ANI A		
vegetable or fruit or a combination of both	FEAKO	BLUEBERRIES	BANANA	MIXED BERRIES	CINNAMON APPLESAUCE
LUNCH		•	•		
BIRTH - 5 MONTHS: 4-6 Fluid ounces	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	MIXED CEREAL	MULTIGRAIN CEREAL	BARLEY 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	MIXED VEGGIES	SWEET PEAS	GREEN BEANS	COLLARD GREENS	PEAS & CARROTS
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	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 GOLDFISH	WHOLE WHEAT CEREAL	RICE CEREAL	MIXED CEREAL	MIXED CEREAL
4 ounces (volume) cottage cheese; or 0	WHEAT BOLDFISH				
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	MIXED BERRIES	CANTALOUPE (MASHED)	APPLESAUCE	FRUIT SALAD	BANANA/STRAWBERRY
DINNER					
BIRTH - 5 MONTHS: 4-6 Fluid ounces					
6 - 11 MONTHS: 6-8 Fluid ounces	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-	MIXED CEREAL	BARLEY CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL	MULTI 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	SWEET POTATO	LIMA BEANS	STEAMED ZUCCHINI	ROASTED CARROTS	ASPARAGUS
both					
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 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	BAKLEY CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL
4 ounces or 1/2 cup yogurt; or a					1
combination of the above; and					
		BROCCOLI	BLUEBERRY BANANA	PEARS	PEACHES