

			Friday 11/1/24
BREAKFAST			·
BIRTH - 5 MONTHS: 4-6 Fluid ounces			FORMULA / BREAST MILK
breastmilk/formula			FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces			FORMULA / BREAST MILK
breastmilk/formula			TORMOLA / 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			MIXED CEREAL
cheese; or 0-4 ounces (volume)			
cottage cheese; or 0-4 ounces or 1/2			
cup yogurt; or a combination of the			
above; and 6 - 11 MONTHS: 0-2 tablespoons			
· ·			BANANAS
vegetable or fruit or a combination of both			BAINAINAS
LUNCH	Т.		
BIRTH - 5 MONTHS: 4-6 Fluid ounces			FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces			
			FORMULA / BREAST MILK
breastmilk/formula			
infant cereal, meat, fish, poultry,			
whole egg, cooked dry beans or			
cooked dry peas; or 2 ounces of			MULTI GRAIN CEREAL/INFANT
cheese; or 0-4 ounces (volume)			CHICKEN
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			SWEET PEAS
both			SWEET TEAS
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			FORMULA / BREAST MILK
infant cereal, meat, fish, poultry,			
whole egg, cooked dry beans or			
cooked dry peas; or 2 ounces of			BARLEY CEREAL/ENRICHED
cheese; or 0-4 ounces (volume)			GOLDFISH
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			TOMATO BISQUE SOUP
both			



	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
breastmilk/formula 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 0-4 ounces (volume)	OATMEAL CEREAL	BARLEY CEREAL	RICE CEREAL	MIXED CEREAL	OATMEAL 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	APRICOTS	TATER TOTS	BANANA	HONEYDEW MELON	PLUMS
both		THE TOTAL		Meson	
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		- Common y Sterior Medic	TOTAL CONTROL TO THE CONTROL THE CONTROL TO THE CONTROL THE CONTROL TO THE CONTRO	i cramour / brazilo i madr	
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	BARLEY CEREAL	OATMEAL CEREAL/INFANT	MIXED CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL
cheese; or 0-4 ounces (volume)		CHICKEN	marked delicated		
cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the					
6 - 11 MONTHS: 0-2 tablespoons					
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	GDEEN REANS	SWEET PEAS	VEGGIE SALSA	SWEET POTATOES	HASHBROWNS
both	BREEN BEANS	SWEET FEAS	VEGGIC SALSA	SWEET FOTATOES	PIASPIBROWINS
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	WHOLE WHEAT CEREAL	MIXED CEREAL/ENRICHED PITA	MULTI GRAIN CEREAL	RICE CEREAL	BARLEY CEREAL/OYSTER
cheese; or 0-4 ounces (volume)	WHOLE WHEAT CEREAL	BREAD	MODIT GRAIN CEREAL	NICE CEREAL	CRACKERS
cottage cheese; or 0-4 ounces or 1/2					
cup yogurt; or a combination of the					
6 - 11 MONTHS: 0-2 tablespoons	VECAN DE AN AUTIT	1001564145	DE A GLUEG	00.41656	COLTT DE 4 COLD
vegetable or fruit or a combination of both	VEGAN BEAN CHILI	APPLESAUCE	PEACHES	ORANGES	SPLIT PEA SOUP
DOTA		1	1	1	1



	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 breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 0 - 11 MONTHS: 0-4 Tablespoons	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2	OATMEAL CEREAL	RICE CEREAL	OATMEAL CEREAL	MIXED CEREAL	BARLEY CEREAL
cup yogurt; or a combination of the 6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of both	APPLES	PEACHES	RASPBERRIES	BANANA	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 breastmilk/formula 0 - 11 MONTHS: 0-4 Tablespoons	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the	WHOLE WHEAT CEREAL	MIXED CEREAL	RICE CEREAL	BARLEY CEREAL	MIXED CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	STIR FRY VEGTABLES	PEAS	GREEN BEANS	ROASTED SQUASH	BROCCOLI
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 0 - 11 MONTHS: U-4 Tablespoons	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the	MIXED CEREAL/TEETHING BUSCUIT	BARLEY CEREAL	MULTIGRAIN CEREAL	OATMEAL CEREAL	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CANALOUPE (MASHED)	BLUEBERRIES	PINEAPPLE PEAR	APPLESAUCE	PEARS



	Monday 11/18/24	Tuesday 11/19/24	Wednesday 11/20/24	Thursday 11/21/24	Friday 11/22/24
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK			
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 0 - 11 MONTHS: 0-4 Tablespoons	FORMULA / BREAST MILK	FORMULA / BREAST MILK			
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of					
cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the	BARLEY CEREAL	RICE CEREAL	OATMEAL CEREAL	MIXED CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CINNAMON APPLESAUCE	STRAWBERRY/BANANA	ORANGE	PAPAYA	HONEYDEW MELON
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK			
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 0 - 11 MONTHS: 0-4 Tablespoons	FORMULA / BREAST MILK	FORMULA / BREAST MILK			
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	OATMEAL CEREAL	MULTIGRAIN CEREAL	BARLEY CEREAL	MIXED CEREAL/RED BEANS & RICE
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	BROCCOLI	ROASTED POTATO WEDGES	CORN	REFRIED BEANS	CINNAMON APPLES
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK			
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespoons	FORMULA / BREAST MILK	FORMULA / BREAST MILK			
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the	WHOLE WHEAT	MULTIGRAIN CEREAL	MIXED CEREAL	RICE CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEARS	STRAWBERRY/BANANA	PRUNES	BEAR SMOOTHIE (BANANA)	PEACHES



	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	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)	OATMEAL CEREAL	RICE CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL
cottage cheese; or 0-4 ounces or 1/2					
cup yogurt; or a combination of the					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	APRICOTS	PEACHES	RASPBERRIES	APPLES	HASHBROWN
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	TORMODA / DREAGT MILE	TORMODA / DREAGT MILK	TORMODA / BREAGI MILK	TORMODA / DREAST MILER	TORMODA / BREAGI MILK
	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 0 - 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	MULTIGRAIN CEREAL	BARLEY 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					
6 - 11 MON 1H5: 0-2 tablespoons vegetable or fruit or a combination of	MIVED VEGGTES	SWEET PEAS	GREEN BEANS	COLLARD GREENS	PEAS & CARROTS
both	MIXED VEGGIES	SWEET FEAS	BREEN BEAINS	COLLARD GREENS	FEAS & 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
breastmilk/formula	TORMOLA / BREAST MILK	TORMOLA / BREAST MILK	TORMOLA / BREAST MILK	TORMOLA / BREAST MILE	TORMOLA / 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 0 - 11 MONTHS: 0-4 Tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or	AND THE PARTY CENE AL AMUSE E				
	MULTIGRAIN CEREAL/WHOLE	WHOLE WHEAT CEREAL	RICE CEREAL	MIXED CEREAL	MIXED CEREAL
cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2	WHEAT GOLDFISH				
cup yogurt; or a combination of the					
ahayay and					
6 - 11 MONTHS: 0-2 tablespoons	MIVER REPORTS	CANTAL OURE (MACUES)	ADDI EG ALIGE	EDUTT CALAB	DANIANIA (CTD AM/DEDDY
vegetable or fruit or a combination of both	WTYED REKKTE2	CANTALOUPE (MASHED)	APPLESAUCE	FRUIT SALAD	BANANA/STRAWBERRY
DOTN		l			