

Services, Inc	T - 1 40/4/24	W. L. J. 40/2/24	TI . 1 10/2/24	F: 1 40/4/24
BREAKFAST	Tuesday 10/1/24	Wednesday 10/2/24	Thursday 10/3/24	Friday 10/4/24
BIRTH - 5 MONTHS: 4-6 Fluid ounces	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
6 - 11 MONTHS: 0-4 tablespoons				
infant cereal, meat, fish, poultry,				
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	RICE CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	BARLEY CEREAL
4 ounces (volume) cottage cheese; or 0				
4 ounces or 1/2 cup yogurt; or a				
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons				
vegetable or fruit or a combination of	BANANA	STRAWBERRIES	ORANGE	APRICOT
both				
AM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces	Γ	Γ	Γ	T
breastmilk/formula	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
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	MIXED CEREAL	MULTIGRAIN CEREAL	OATMEAL CEREAL
4 ounces (volume) cottage cheese; or 0				
4 ounces or 1/2 cup yogurt; or a				
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons				
vegetable or fruit or a combination of	AVOCADO	PEACHES	CARROT	PEACHES
LUNCH	L	L	L	
BIRTH - 5 MONTHS: 4-6 Fluid ounces	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
6 - 11 MONTHS: 0-4 tablespoons				
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked				
dry peas; or 2 ounces of cheese; or 0-	BARLEY CEREAL	RICE CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL
4 ounces (volume) cottage cheese; or 0				
4 ounces or 1/2 cup yogurt; or a combination of the above; and				
6 - 11 MONTHS: 0-2 tablespoons				
vegetable or fruit or a combination of both	PEAS	ROASTED SQUASH	SWEET POTATO	REFRIED BEANS
PM SNACK				
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	TORMOLA / BREAST MILE	TORMOLA / BREAST MILK	TORMOLA / BREAST MILE	TORMOLA / BREAST MILK
infant cereal, meat, fish, poultry,				
whole egg, cooked dry beans or cooked				
dry peas; or 2 ounces of cheese; or 0-	RICE CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	MIXED CEREAL
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a				
combination of the above; and				
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	PUMPKIN APPLESAUCE	BROCCOLI & CHEESE SOUP	BANANA	STRAWBERRY BANANA
both	FOMPRIN APPLESAUCE	BROCCOLI & CHEESE SOUP	BAINAINA	STRAWBERRY BAINAINA
DINNER				
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula				
	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
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 FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons				
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-				
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6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons	FORMULA / BREAST MILK  MIXED CEREAL	FORMULA / BREAST MILK  BARLEY CEREAL	FORMULA / BREAST MILK  WHOLE WHEAT CEREAL	FORMULA / BREAST MILK  RICE CEREAL
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both  EVENING SNACK	FORMULA / BREAST MILK  MIXED CEREAL	FORMULA / BREAST MILK  BARLEY CEREAL	FORMULA / BREAST MILK  WHOLE WHEAT CEREAL	FORMULA / BREAST MILK  RICE CEREAL
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both  EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK  MIXED CEREAL	FORMULA / BREAST MILK  BARLEY CEREAL	FORMULA / BREAST MILK  WHOLE WHEAT CEREAL	FORMULA / BREAST MILK  RICE CEREAL
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both  EVENING SNACK	FORMULA / BREAST MILK  MIXED CEREAL  CARROTS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  BARLEY CEREAL  FRENCH FRIES  FORMULA / BREAST MILK	FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  STEAMED ZUCCHINI  FORMULA / BREAST MILK	FORMULA / BREAST MILK  RICE CEREAL  STIR FRY VEGETABLES  FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable 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 breastmilk/formula	FORMULA / BREAST MILK  MIXED CEREAL  CARROTS	FORMULA / BREAST MILK  BARLEY CEREAL  FRENCH FRIES	FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  STEAMED ZUCCHINI	FORMULA / BREAST MILK  RICE CEREAL  STIR FRY VEGETABLES
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable 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 breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	FORMULA / BREAST MILK  MIXED CEREAL  CARROTS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  BARLEY CEREAL  FRENCH FRIES  FORMULA / BREAST MILK	FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  STEAMED ZUCCHINI  FORMULA / BREAST MILK	FORMULA / BREAST MILK  RICE CEREAL  STIR FRY VEGETABLES  FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable 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 breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked	FORMULA / BREAST MILK  MIXED CEREAL  CARROTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  BARLEY CEREAL  FRENCH FRIES  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  STEAMED ZUCCHINI  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  RICE CEREAL  STIR FRY VEGETABLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable 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 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-	FORMULA / BREAST MILK  MIXED CEREAL  CARROTS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  BARLEY CEREAL  FRENCH FRIES  FORMULA / BREAST MILK	FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  STEAMED ZUCCHINI  FORMULA / BREAST MILK	FORMULA / BREAST MILK  RICE CEREAL  STIR FRY VEGETABLES  FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable 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 breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0	FORMULA / BREAST MILK  MIXED CEREAL  CARROTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  BARLEY CEREAL  FRENCH FRIES  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  STEAMED ZUCCHINI  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  RICE CEREAL  STIR FRY VEGETABLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable 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 breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and	FORMULA / BREAST MILK  MIXED CEREAL  CARROTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  BARLEY CEREAL  FRENCH FRIES  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  STEAMED ZUCCHINI  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  RICE CEREAL  STIR FRY VEGETABLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK
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Services, Inc	Manday 10 /7/24	Tuesday 10 /9 /24	W/s do a d d v 10 /0 /2 4	Thursday 10/10/24	Friday 10 /11 /24
BREAKFAST	Monday 10/7/24	Tuesday 10/8/24	Wednesday 10/9/24	Thursday 10/10/24	Friday 10/11/24
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula	TORMOSK / SIGNOT MISK	TORRINGS TO PROPERTY MESIC	TORMOSA / SACAST MESIC	TOTAL MEDICAL	TOTAL PROPERTY MEDICAL PROPERTY AND ADMINISTRATION OF THE PROPERTY AND ADMINISTRATION
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-		WHOLE WHEAT CEREAL	OATMEAL CEREAL	MIXED CEREAL	BARLEY CEREAL
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	PEACHES	BANANA	STRAWBERRIES/BANANA	ORANGE	SPINACH
both					
AM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces		T	T	1	<u> </u>
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-	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MULTIGRAIN CEREAL	OATMEAL CEREAL	MIXED CEREAL
4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	HONEYDEW MELON	STRAWBERRIES	APPLESAUCE	PINEAPPLE	CARROTS
both					
<b>LUNCH</b> BIRTH - 5 MONTHS: 4-6 Fluid ounces			<u></u>	<u></u>	
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0-		RICE CEREAL	MIXED CEREAL	MULTIGRAIN 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	GREEN BEANS	BROCCOLI	SWEET ACORN SQUASH	SPINACH	SWEET POTATO
both PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces					
	EODMULA / DDEACT MILK	ECDALII A / DDEACT MILK	ECDALII A / DDEACT MILK	EODALII A / DDEACT MILV	ECOMULA / DDEACT MILK
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	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked					
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry,	MULTIGRAIN CEREAL	FORMULA / BREAST MILK  BARLEY CEREAL	FORMULA / BREAST MILK  WHOLE WHEAT CEREAL	FORMULA / BREAST MILK  RICE CEREAL	FORMULA / BREAST MILK  MULTIGRAIN CEREAL
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a	MULTIGRAIN CEREAL				
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0-	MULTIGRAIN CEREAL				
breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	MULTIGRAIN CEREAL				
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons	MULTIGRAIN CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	MULTIGRAIN CEREAL
breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both  DINNER  BIRTH - 5 MONTHS: 4-6 Fluid ounces	MULTIGRAIN CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	MULTIGRAIN CEREAL
breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons 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	MULTIGRAIN CEREAL  APPLE PEAR	BARLEY CEREAL  ROASTED BEETS	WHOLE WHEAT CEREAL PEACHES	RICE CEREAL PEARS	MULTIGRAIN CEREAL  VEGETABLE SOUP
breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both  DINNER  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	MULTIGRAIN CEREAL  APPLE PEAR  FORMULA / BREAST MILK	BARLEY CEREAL  ROASTED BEETS  FORMULA / BREAST MILK	WHOLE WHEAT CEREAL  PEACHES  FORMULA / BREAST MILK	PEARS FORMULA / BREAST MILK	MULTIGRAIN CEREAL  VEGETABLE SOUP  FORMULA / BREAST MILK
breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) 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  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry,	MULTIGRAIN CEREAL  APPLE PEAR  FORMULA / BREAST MILK  FORMULA / BREAST MILK	BARLEY CEREAL  ROASTED BEETS  FORMULA / BREAST MILK	WHOLE WHEAT CEREAL  PEACHES  FORMULA / BREAST MILK	PEARS FORMULA / BREAST MILK	MULTIGRAIN CEREAL  VEGETABLE SOUP  FORMULA / BREAST MILK
breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) 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  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	MULTIGRAIN CEREAL  APPLE PEAR  FORMULA / BREAST MILK  FORMULA / BREAST MILK	BARLEY CEREAL  ROASTED BEETS  FORMULA / BREAST MILK	WHOLE WHEAT CEREAL  PEACHES  FORMULA / BREAST MILK	PEARS FORMULA / BREAST MILK	MULTIGRAIN CEREAL  VEGETABLE SOUP  FORMULA / BREAST MILK
breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) 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  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0-	MULTIGRAIN CEREAL  APPLE PEAR  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL	BARLEY CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	WHOLE WHEAT CEREAL  PEACHES  FORMULA / BREAST MILK  FORMULA / BREAST MILK	PEARS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	MULTIGRAIN CEREAL  VEGETABLE SOUP  FORMULA / BREAST MILK  FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 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  DINNER  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	MULTIGRAIN CEREAL  APPLE PEAR  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL	BARLEY CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	WHOLE WHEAT CEREAL  PEACHES  FORMULA / BREAST MILK  FORMULA / BREAST MILK	PEARS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	MULTIGRAIN CEREAL  VEGETABLE SOUP  FORMULA / BREAST MILK  FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 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  DINNER  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons	MULTIGRAIN CEREAL  APPLE PEAR  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL	BARLEY CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL	WHOLE WHEAT CEREAL  PEACHES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL	PEARS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL  VEGETABLE SOUP  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both  DINNER  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and	MULTIGRAIN CEREAL  APPLE PEAR  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL	BARLEY CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	WHOLE WHEAT CEREAL  PEACHES  FORMULA / BREAST MILK  FORMULA / BREAST MILK	PEARS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	MULTIGRAIN CEREAL  VEGETABLE SOUP  FORMULA / BREAST MILK  FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 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  DINNER  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both  EVENING SNACK	MULTIGRAIN CEREAL  APPLE PEAR  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL	BARLEY CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL	WHOLE WHEAT CEREAL  PEACHES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL	PEARS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL  VEGETABLE SOUP  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both  DINNER  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces (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  EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	MULTIGRAIN CEREAL  APPLE PEAR  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL	BARLEY CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL	WHOLE WHEAT CEREAL  PEACHES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL	PEARS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL  VEGETABLE SOUP  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both  DINNER  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable 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	MULTIGRAIN CEREAL  APPLE PEAR  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  SWEET PEAS	BARLEY CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  CARROT	WHOLE WHEAT CEREAL  PEACHES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  COLLARD GREEN	PEARS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  MIXED VEGETABLES	MULTIGRAIN CEREAL  VEGETABLE SOUP  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  GREEN BEANS
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both  DINNER  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both  EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	MULTIGRAIN CEREAL  APPLE PEAR  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  SWEET PEAS  FORMULA / BREAST MILK	BARLEY CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  CARROT  FORMULA / BREAST MILK	WHOLE WHEAT CEREAL  PEACHES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  COLLARD GREEN  FORMULA / BREAST MILK	PEARS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  MIXED VEGETABLES  FORMULA / BREAST MILK	MULTIGRAIN CEREAL  VEGETABLE SOUP  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  GREEN BEANS  FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) 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  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable 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 breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry,	MULTIGRAIN CEREAL  APPLE PEAR  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  SWEET PEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	BARLEY CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  CARROT  FORMULA / BREAST MILK	WHOLE WHEAT CEREAL  PEACHES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  COLLARD GREEN  FORMULA / BREAST MILK	PEARS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  MIXED VEGETABLES  FORMULA / BREAST MILK	MULTIGRAIN CEREAL  VEGETABLE SOUP  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  GREEN BEANS  FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) 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  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both  EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	MULTIGRAIN CEREAL  APPLE PEAR  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  SWEET PEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	BARLEY CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  CARROT  FORMULA / BREAST MILK	WHOLE WHEAT CEREAL  PEACHES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  COLLARD GREEN  FORMULA / BREAST MILK	PEARS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  MIXED VEGETABLES  FORMULA / BREAST MILK	MULTIGRAIN CEREAL  VEGETABLE SOUP  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  GREEN BEANS  FORMULA / BREAST MILK
breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) 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  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both  EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0-	MULTIGRAIN CEREAL  APPLE PEAR  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  SWEET PEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL	BARLEY CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  CARROT  FORMULA / BREAST MILK  FORMULA / BREAST MILK	WHOLE WHEAT CEREAL  PEACHES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  COLLARD GREEN  FORMULA / BREAST MILK  FORMULA / BREAST MILK	PEARS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  MIXED VEGETABLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK	MULTIGRAIN CEREAL  VEGETABLE SOUP  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  GREEN BEANS  FORMULA / BREAST MILK  FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 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  DINNER  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces (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  EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	MULTIGRAIN CEREAL  APPLE PEAR  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  SWEET PEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL	BARLEY CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  CARROT  FORMULA / BREAST MILK  FORMULA / BREAST MILK	WHOLE WHEAT CEREAL  PEACHES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  COLLARD GREEN  FORMULA / BREAST MILK  FORMULA / BREAST MILK	PEARS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  MIXED VEGETABLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK	MULTIGRAIN CEREAL  VEGETABLE SOUP  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  GREEN BEANS  FORMULA / BREAST MILK  FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 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  DINNER  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both  EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0-	MULTIGRAIN CEREAL  APPLE PEAR  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  SWEET PEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL	BARLEY CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  CARROT  FORMULA / BREAST MILK  FORMULA / BREAST MILK	WHOLE WHEAT CEREAL  PEACHES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  COLLARD GREEN  FORMULA / BREAST MILK  FORMULA / BREAST MILK	PEARS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  MIXED VEGETABLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK	MULTIGRAIN CEREAL  VEGETABLE SOUP  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  GREEN BEANS  FORMULA / BREAST MILK  FORMULA / BREAST MILK



	10/44/04	T   40/45/04	10/4//04	T 1 40/4704	5 : 1 40 /40 /04
	Monday 10/14/24	Tuesday 10/15/24	Wednesday 10/16/24	Thursday 10/1724	Friday 10/18/24
BREAKFAST BIRTH - 5 MONTHS: 4-6 Fluid ounces			<u> </u>	<u></u>	<u> </u>
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-		RICE CEREAL	OATMEAL CEREAL	BARLEY CEREAL	MIXED CEREAL
4 ounces (volume) cottage cheese; or 0					
4 ounces or 1/2 cup yogurt; or a combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of both	PEACHES	KIWI	BLUEBERRIES	APPLESAUCE	CANTALOUPE
AM 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	TORMOLA / BREAGT MILE	TORMODA / DREAGT MIER	TORMOLA / BREAGT MEEK	TORMOLA / BREAST MILER	TORMODA / DREAGT MEEK
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked			חדמה מהחדיו	WILDLE WILLEAT CEREAL	DIGE GENEAL
dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0		MULTIGRAIN CEREAL	RICE CEREAL	WHOLE WHEAT 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	FRUIT SALAD	PRUNES	HONEYDEW MELON (MASHED)	WATERMELON	PEACHES
both LUNCH		<u> </u>	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-		OATMEAL CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MULTIGRAIN CEREAL
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	  CABBAGE	BROCCOLI	BAKED BEANS	ROASTED BRUSSELL SPROUTS	BLACK BEANS
both				(MASHED)	
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces			<u> </u>	<u></u>	<u> </u>
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-	MULTIGRAIN CEREAL	MIXED CEREAL	BARLEY CEREAL	RICE CEREAL	OATMEAL CEREAL
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	HM MINESTRONE SOUP	RASPBERRIES	PEACHES	PUMPKIN HUMMUS	BANANA
both	FIM MINES I ROINE SOOF	RAOF BERRIES	PEACHES	FOMERIN FIOMMOS	DAINAINA
DINNER		1	T	1	1
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-	MIXED CEREAL/INFANT CHICKEN	WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL	MIXED CEREAL	BARLEY CEREAL
4 ounces (volume) cottage cheese; or 0					
4 ounces or 1/2 cup yogurt; or a combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of both	MIXED VEGETABLE	SWEET ACORN SQUASH	SWEET PEAS	ASPARAGUS (MASHED)	GREEN BEANS
EVENING 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	The second secon	The state of the s	The state of the s	The state of the s	The state of the s
	1				
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry,				İ	
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked		RADI EV CEDE AI	MTYEN CEDE AL	MULTICOATNI CEDEAL	WHOLE WHEAT CEDEAL
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry,	OATMEAL CEREAL	BARLEY CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL
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	OATMEAL CEREAL	BARLEY CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0	OATMEAL CEREAL	BARLEY CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL
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	OATMEAL CEREAL	BARLEY CEREAL  CINNAMON APPLESAUCE	MIXED CEREAL  APRICOTS	MULTIGRAIN CEREAL PEACHES	WHOLE WHEAT CEREAL  PRUNES



CCI VICCS, II IC	Monday 10/23/23	Tuesday 10/24/23	Wednesday 10/25/23	Thursday 10/26/23	Friday 10/27/23
BREAKFAST	Menay 10, 20, 20	140044 10/11/10	W 64116544	///d/3ddy 10/ 20/ 20	111day 107 L 77 L 0
PTDTH - 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	PORMULA / 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-		OATMEAL CEREAL	RICE CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL
4 ounces (volume) cottage cheese; or 0					
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	CINNAMON APPLESAUCE	ORANGE SMILES	FRUIT COCKTAIL	APRICOTS	BLUEBERRIES
AM SNACK					
PTDTH - 5 MONTHS: 4-6 Fluid ounces		<u></u>	<u></u>		
breastmilk/tormula	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	BARLEY CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL
4 ounces (volume) cottage cheese; or 0		MODITORALIA GEREAD	DANGET GENERAL	WHOLE WHEAT GENERAL	OATMERD GEREAD
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	BLUEBERRIES	PEACHES	AVOCADO	RASPBERRIES	PRUNES
both					
LUNCH BIRTH - 5 MONTHS: 4-6 Fluid ounces			T		
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-		MIXED CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	BARLEY CEREAL
4 ounces (volume) cottage cheese; or 0		MINED CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	DARLEY 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	SAUTEED BROCCOLI	SWEET POTATOES	PEAS & CARROTS	GREEN BEANS	TATER TOTS
both					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces		Ι	<u> </u>		
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-		WHOLE WHEAT CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL	RICE CEREAL
4 ounces (volume) cottage cheese; or 0					
4 ounces or 1/2 cup yogurt; or a combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	HONEY DEW MELON	CARROT	APPLESAUCE	BANANA	TOMATO SOUP
both DINNER		1	1	1	
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces					
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	OATMEAL CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a	1				
combination of the above; and			į.	1	
6 - 11 MONTHS: 0-2 tablespoons	RI ACK EVEN DE AC	EDENCH EDTEC	RI ACK REANIC	MTYEN VEGETADI EC	SWEET POTATOES
vegetable or fruit or a combination of both	BLACK EYED PEAS	FRENCH FRIES	BLACK BEANS	MIXED VEGETABLES	SWEET POTATOES
vegetable or fruit or a combination of both  EVENING SNACK		FRENCH FRIES	BLACK BEANS	MIXED VEGETABLES	SWEET POTATOES
vegetable or fruit or a combination of both  EVENING SNACK  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula		FORMULA / BREAST MILK	BLACK BEANS  FORMULA / BREAST MILK		SWEET POTATOES  FORMULA / BREAST MILK
vegetable 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				FORMULA / BREAST MILK	
vegetable or fruit or a combination of 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
vegetable 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 breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry,	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
vegetable 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 breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked	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
vegetable 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 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-	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK
vegetable 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 breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK
vegetable 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 breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK
vegetable 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 breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK



OCIVIOCS, II IC	Monday 10/28/24	Tuesday 10/29/24	Wednesday 10/30/24	Thursday 10/31/24	
BREAKFAST	Monady 10/28/24	Tuesday 10/29/24	Wednesday 10/30/24	171drsddy 10/31/24	
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	
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0-		OATMEAL CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL	
4 ounces (volume) cottage cheese; or 0	4				
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	APRICOT	PEACHES	FRUIT SALAD		
AM SNACK		<u> </u>	<u> </u>	<u> </u>	
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / PREACT MATIN	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	
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/TEETHING	WHOLE WHEAT CEREAL	BARLEY CEREAL	OATMEAL CEREAL	
4 ounces (volume) cottage cheese; or 0					
4 ounces or 1/2 cup yogurt; or a combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	PEARS	BLUEBERRIES	BLUEBERRY APPLE	APPLESAUCE	
LUNCH		l	l	I	
BIRTH - 5 MONTHS: 4-6 Fluid ounces	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	
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0-		BARLEY CEREAL	RICE CEREAL	MIXED CEREAL	
4 ounces (volume) cottage cheese; or 0					
4 ounces or 1/2 cup yogurt; or a combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of both	CREAMED SPINACH	BAKED CINNAMON PUMPKIN	MIXED VEGETABLES	SPLIT PEA SOUP	
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	EODALII A / BDEACT MILK	FORMULA / RDFACT MILK	EODALII A / BDEACT MILK	FORMULA / BREACT MILK	
breastmilk/formula	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	OATMEAL 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	DINIEADDI E STICKS	CARROTS	DI ACKDEANI LILIAAAAI IC	TACK O LANTEDNI EDUTT CUR	
vegetable or fruit or a combination of both	LTINEALLIE 3110K2	CARROTS	BLACKBEAN HUMMUS	JACK-O-LANTERN FRUIT CUP	
DINNER					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	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	
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	, SUMBER / DECEMBER MILES	, SIMOUN / DICHO! MILK	, SUMORY , PUCHO! MITCH	, JOHNSON / DREAGI 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		MIXED CEREAL	MULTIGRAIN CEREAL	RICE CEREAL	
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	SWEET PEAS & CARROTS	SPINACH	ROASTED SQUASH	SWEET POTATO	
both	THE STATE OF THE PARTY OF THE P				
EVENING SNACK		Т	T	Т	
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	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	
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked		MULTICO ATAL CENE AL	MIVED CEDE 41	DADIEV CEDEAL	
dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0		MULTIGRAIN CEREAL	MIXED CEREAL	BARLEY 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	PEARS	RASPBERRIES	PLUMS	
both					