

		Tuesday 10/1/24	Wednesday 10/2/24	Thursday 10/3/24	Friday 10/4/24
BREAKFAST		·	·		
BIRTH - 5 MONTHS: 4-6 Fluid ounces		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 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,				EAL OATMEAL CEREAL	BARLEY CEREAL
whole egg, cooked dry beans or					
cooked dry peas; or 2 ounces of					
cheese; or 0-4 ounces (volume)		RICE CEREAL	WHOLE WHEAT 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		<b></b>			
vegetable or fruit or a combination of		BANANA	STRAWBERRIES	ORANGE	APRICOT
LUNCH			l.		
BIRTH - 5 MONTHS: 4-6 Fluid ounces		T	T	T	T
breastmilk/formula		FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces		500MH 4 / 50546T MTIK	FORMULA / DDF 4 CT AATUK	500 W # 4 / 505 4 6 T W T   K	FORMULA / DDF 4 CT AATUK
breastmilk/formula 0 - 11 MONTHS: 0-4 Tablespoons		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)		BARLEY CEREAL	RICE CEREAL	MIXED CEREAL	MULTIGRAIN 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		PEAS	ROASTED SQUASH	SWEET POTATO	REFRIED BEANS
vegetable or fruit or a combination of both		I LAS	ROASTED SQUASH	SWEET FOTATO	REFRIED BEAINS
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces		E004411 4 / D0E 4 5 T 14 T 14	FORMULA / BDE 457 44714	F00444 / 005457 4714	FORMULA / DDE ( CT 1171 )
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		1	1	1	
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or					
cooked dry peas; or 2 ounces of		RICE CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	MIVED CEDEAL
cheese; or 0-4 ounces (volume)			WHOLE WHEAT CEREAL	NICE CEREAL	MIXED 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		PUMPKIN APPLESAUCE	BROCCOLI & CHEESE SOUP	BANANA	STRAWBERRY BANANA
both					



	Monday 10/7/24	Tuesday 10/8/24	Wednesday 10/9/24	Thursday 10/10/24	Friday 10/11/24
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces					
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or					
cooked dry peas; or 2 ounces of	RICE CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MIXED CEREAL	BARLEY CEREAL
cheese; or 0-4 ounces (volume)	NEGE GENEZIS	WHOSE WHEN GENERAL	on mens senens		DANSE, SCHOOL
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	PFACHES	BANANA	STRAWBERRIES/BANANA	ORANGE	SPINACH
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/tormula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 0 - 11 MOINTHS: 0-4 Tablespoons			+		
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or					
cooked dry peas; or 2 ounces of	BARLEY CEREAL	RICE CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL
cheese; or 0-4 ounces (volume)					
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	GREEN BEANS	BROCCOLI	SWEET ACORN SQUASH	SPINACH	SWEET POTATO
both CN14.CK			l		
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces		1	1	T	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	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
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or					
cooked dry neas; or 2 ounces of	MULTICO ATAL CEDE 41	DADLEY CEDE 41	WILLIOUS WILLSAT GERS AT	DICE CEDEAL	AND THE ATAL SECTION
cheese; or 0-4 ounces (volume)	MULTIGRAIN CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	MULTIGRAIN 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	APPLE PEAR	ROASTED BEETS	PEACHES	PEARS	VEGETABLE SOUP
both					



	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 breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 0 - 11 MOINTHS: 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)	WHOLE WHEAT CEREAL	RICE CEREAL	OATMEAL CEREAL	BARLEY CEREAL	MIXED 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	PEACHES	kIWI	BLUEBERRIES	APPLESAUCE	CANTALOUPE
both					
LUNCH		1			
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 0 - 11 MOINTHS: 0-4 Tablespoons		i cramosky skazie i mask	, evalues y sixes y mask	I STANGER / STEERS / MESK	I CHANGE TO PREFICE TO MADE
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	OATMEAL CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MULTIGRAIN CEREAL
cottage cheese; or 0-4 ounces or 1/2					
cup yogurt; or a combination of the					
6 - 11 MONTHS: 0-2 tablespoons				22.4222 22.42224 222.422	
vegetable or fruit or a combination of	CABBAGE	BROCCOLI	BAKED BEANS	ROASTED BRUSSELL SPROUTS (MASHED)	BLACK BEANS
both				(MASHED)	
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces		1	1	T	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	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 0 - 11 MOINTHS: 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)	MULTIGRAIN CEREAL	MIXED CEREAL	BARLEY CEREAL	RICE CEREAL	OATMEAL CEREAL
cottage cheese; or 0-4 ounces or 1/2					
cup yogurt; or a combination of the					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	HM MINESTRONE SOUP	RASPBERRIES	PEACHES	PUMPKIN HUMMUS	BANANA
both					



	Monday 10/23/23	Tuesday 10/24/23	Wednesday 10/25/23	Thursday 10/26/23	Friday 10/27/23
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces  breastmilk/formula 6 - 11 MONTHS: 0-4 Tablespoons	FORMULA / BREAST MILK				
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or	WHOLE WHEAT CEREAL	OATMEAL CEREAL	RICE CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL
vegetable or fruit or a combination of	CINNAMON APPLESAUCE	ORANGE SMILES	FRUIT COCKTAIL	APRICOTS	BLUEBERRIES
LUNCH			l		
RTDTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces  breastmilk/formula 0 - 11 MONTHS: 0-4 Tablespoons	FORMULA / BREAST MILK				
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the	OATMEAL CEREAL	MIXED CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	SAUTEED BROCCOLI	SWEET POTATOES	PEAS & CARROTS	GREEN BEANS	TATER TOTS
PM SNACK		1			
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces  breastmilk/formula 0 - 11 MONTHS: 0-4 Tablespoons	FORMULA / BREAST MILK				
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or	BARLEY CEREAL	WHOLE WHEAT CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	HONEY DEW MELON	CARROT	APPLESAUCE	BANANA	TOMATO SOUP



	Monday 10/28/24	Tuesday 10/29/24	Wednesday 10/30/24	Thursday 10/31/24	
BREAKFAST				4	
breastmilk/formula	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	
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	WHOLE WHEAT CEREAL	
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	APRICOT	PEACHES	FRUIT SALAD		
LUNCH			•		
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 breastmilk/formula 0 - 11 MONTHS: 0-4 Tablespoons	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or	WHOLE WHEAT CEREAL	BARLEY CEREAL	RICE CEREAL	MIXED CEREAL	
vegetable or fruit or a combination of both	CREAMED SPINACH	BAKED CINNAMON PUMPKIN	MIXED VEGETABLES	SPLIT PEA SOUP	
PM SNACK		1	•	1	1
breastmilk/formula	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	
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or	MULTIGRAIN CEREAL	RICE CEREAL	OATMEAL CEREAL	MULTI GRAIN CEREAL	
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PINEAPPLE STICKS	CARROTS	BLACKBEAN HUMMUS	JACK-O-LANTERN FRUIT CUP	