

			Wednesday 1/1/2025	Thursday 1/2/2025	Friday 1/3/2025
BREAKFAST			NEW YEARS DAY	,	
BIRTH - 5 MONTHS: 4-6 Fluid ounces		AMOUNT AND A	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
breastmilk/formula		<u> </u>	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and			MULTIGRAIN CEREAL	RICE CEREAL	MIXED CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of		ı	RASPBERRIES	BLUEBERRIES	HONEYDEW MELON
AM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula		F	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula		ı	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and		,	WHOLE WHEAT CEREAL	WHOLE WHEAT CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of		•	APRICOT	CANTALOUPE	PEACHES
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula		-	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces		ı	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 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		ı	RICE CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of		I	BLACK EYED PEAS	POTATO SALAD	SWEET POTATO FRIES
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces		1			T
breastmilk/formula		-	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula		i	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and			OATMEAL CEREAL	MULTI GRAIN CEREAL	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of		ı	KIWI	BANANA	SPLIT PEA SOUP
hoth DINNER	<u> </u>			1	<u>I</u>
BIRTH - 5 MONTHS: 4-6 Fluid ounces		,	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
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  BARLEY CEREAL	FORMULA / BREAST MILK  MIXED CEREAL	FORMULA / BREAST MILK  MULTI GRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of		I	BAKED BEANS	MIXED VEGETABLES	AVOCADO
EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces	l l	ī			
breastmilk/formula		Į.	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
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			MIXED CEREAL	BARLEY CEREAL	OATMEAL CEREAL
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both		ı	PEACHES	PEARS	PINEAPPLE/BLUEBERRY



	Monday 1/6/2025	Tuesday 1/7/2025	Wednesday 1/8/2025	Thursday 1/9/2025	Friday 1/10/2025
BREAKFAST	Monady 17 07 2023	1463444 1777 2020	Wednesday 17 07 2025	111di 3day 17 37 2023	111day 1/10/2020
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					
<ul><li>6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry,</li></ul>					
whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0-		MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL	BARLEY 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	HONEYDEW MELON	HASHBROWNS	PEACHES	APRICOTS	ORANGE SLICES
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
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	RICE 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					DI
vegetable or fruit or a combination of both	BANANAS	APPLESAUCE	PINEAPPLE (MASHED)	STRAWBERRY/BANANA	BLUEBERRIES
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	I OKMULA / DKEAS I MILK	I OKMULA / DKCASI MILK	LOWWORW / DKEWO! WITK	I OKMULA / DKEASI MILK	I-OKMULA / DKCASI 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	BARLEY CEREAL	OATMEAL 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	ZUCCHTNIT	STIR FRY VEGETABLES	CARROTS	CREAMED SPINACH	BROCCOLI
both	ZUCCHINI	STIR TRY VEGETABLES	CARROTS	CREAMED SETIMACE	BROCCOLI
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces		T		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 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	MIXED CEREAL	MULTI GRAIN 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		1	1	İ	
vegetable or fruit or a combination of					
1 .1	PINEAPPLE/PEAR	SPINACH	MIXED FRUIT	SPLIT PEA SOUP	GREEN BEANS
both DINNER	PINEAPPLE/PEAR	SPINACH	MIXED FRUIT	SPLIT PEA SOUP	GREEN BEANS
<b>DINNER</b> BIRTH - 5 MONTHS: 4-6 Fluid ounces				SPLIT PEA SOUP  FORMULA / BREAST MILK	
DINNER	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
DINNER  BIRTH - 5 MONTHS: 4-6 Fluid ounces  breastmilk/formula  6 - 11 MONTHS: 6-8 Fluid ounces  breastmilk/formula				<u> </u>	
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	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
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,	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
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	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
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	FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL 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
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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	FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL
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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 breastmilk/formula	FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  TOSSED SALAD	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  BEETS (MASHED)	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  GREEN BEANS	FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  KALE PUREED	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  LIMA BEANS
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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: 0-8 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 4 ounces (volume) cottage cheese; or 0	FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  TOSSED SALAD  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  BEETS (MASHED)  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  GREEN BEANS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  KALE PUREED  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  LIMA BEANS  FORMULA / BREAST MILK  FORMULA / BREAST MILK
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 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  OATMEAL CEREAL  TOSSED SALAD  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  BEETS (MASHED)  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  GREEN BEANS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  KALE PUREED  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  LIMA BEANS  FORMULA / BREAST MILK  FORMULA / BREAST MILK
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: 0-8 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  FORMULA / BREAST MILK  OATMEAL CEREAL  TOSSED SALAD  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  BEETS (MASHED)  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  GREEN BEANS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  KALE PUREED  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  LIMA BEANS  FORMULA / BREAST MILK  FORMULA / BREAST MILK



Services, inc					
	Monday 1/13/2025	Tuesday 1/14/2025	Wednesday 1/15/2025	Thursday 1/16/2025	Friday 1/17/2025
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	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-	MUTUTO ATM CEDE AL	WHOLE WHEAT CEREAL	RICE CEREAL	OATMEAL CEREAL	MIXED CEREAL
4 ounces (volume) cottage cheese; or 0-		WHOLE WHEAT CEREAL	RICE CEREAL	OATMEAL CEREAL	MIXED 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	STRAWBERRY/BANANA	HASHBROWNS	BANANA	KIWI
both				L	
AM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces		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					
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	MIXED CEREAL	WHOLE WHEAT 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	APPLESAUCE	PEARS	MANGO	BLUEBERRIES	ROASTED POTATO WEDGES
both  LUNCH		1		1	1
RTDTH - 5 MONTHS: 4-6 Fluid ounces		PORMULA / 222			
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 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	OATMEAL CEREAL	BARLEY CEREAL	WHOLE WHEAT 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					
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	CARROTS	FRENCH FRIES	GREEN BEANS	SWEAT PEAS	MIXED VEGETABLES
vegetable or fruit or a combination of both	CARROTS	FRENCH FRIES	GREEN BEANS	SWEAT PEAS	MIXED VEGETABLES
vegetable or fruit or a combination of both  PM SNACK					
vegetable or fruit or a combination of both  PM SNACK  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula		FRENCH FRIES  FORMULA / BREAST MILK	GREEN BEANS FORMULA / BREAST MILK	SWEAT PEAS FORMULA / BREAST MILK	MIXED VEGETABLES  FORMULA / BREAST MILK
vegetable or fruit or a combination of both  PM SNACK  BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces					
vegetable or fruit or a combination of both  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
vegetable or fruit or a combination of 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
vegetable or fruit or a combination of both  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 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  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 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  RICE CEREAL	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
vegetable or fruit or a combination of both  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 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  FORMULA / BREAST MILK  RICE 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  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 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  RICE 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  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 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  FORMULA / BREAST MILK  RICE CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL
vegetable or fruit or a combination of both  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 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  RICE 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  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 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	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL
vegetable or fruit or a combination of both  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 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	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES
vegetable or fruit or a combination of both  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 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	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL
vegetable or fruit or a combination of both  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 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	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES
vegetable or fruit or a combination of both  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 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	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK
vegetable or fruit or a combination of both  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 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: 0-8 Fluid ounces breastmilk/formula  6 - 11 MONTHS: 0-4 tablespoons	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK
vegetable or fruit or a combination of both  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 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	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK
vegetable or fruit or a combination of both  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 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,	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK
vegetable or fruit or a combination of both  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 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-	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK
vegetable or fruit or a combination of both  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 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	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK
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vegetable or fruit or a combination of both  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  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  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  both  EVENING SNACK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL
vegetable or fruit or a combination of both  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 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  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	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL
vegetable or fruit or a combination of both  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  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  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  both  EVENING SNACK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  SWEET POTATO  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  CAULIFLOWER  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  ROASTED BEETS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  BROCCOLI  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  CARROTS  FORMULA / BREAST MILK
vegetable or fruit or a combination of both  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 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: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  SWEET POTATO	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  CAULIFLOWER	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  ROASTED BEETS	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  BROCCOLI	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  CARROTS
vegetable or fruit or a combination of both  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 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: 0-2 tablespoons vegetable or fruit or a combination of both  EVENING SNACK  BIRTH - 5 MONTHS: 0-4 tablespoons	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  SWEET POTATO  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  CAULIFLOWER  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  ROASTED BEETS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  BROCCOLI  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  CARROTS  FORMULA / BREAST MILK
vegetable or fruit or a combination of both  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 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: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  SWEET POTATO  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  CAULIFLOWER  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  ROASTED BEETS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  BROCCOLI  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  CARROTS  FORMULA / BREAST MILK
vegetable or fruit or a combination of both  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 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: 0-2 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,	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  SWEET POTATO  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  CAULIFLOWER  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  ROASTED BEETS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  BROCCOLI  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  CARROTS  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 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: 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- 4 ounces (volume) cottage cheese; or 0- 4 ounces (volume) cottage cheese; or 0-	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  SWEET POTATO  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  CAULIFLOWER  FORMULA / BREAST MILK  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  BROCCOLI  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  CARROTS  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 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: 0-8 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 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- 4 ounces or 1/2 cup yogurt; or a	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  SWEET POTATO  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  CAULIFLOWER  FORMULA / BREAST MILK  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  BROCCOLI  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  CARROTS  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 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  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 (volume) cottage cheese; or 0-6 ounces of fruit or a combination of both  EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 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: 0-2 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  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  SWEET POTATO  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  CAULIFLOWER  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  BROCCOLI  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  CARROTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL
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 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: 0-2 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- 6 ounces (volume) cottage cheese; or 0- 7 ounces (volume) cottage cheese; or 0- 8 ounces or 1/2 cup yogurt; or a combination of the above; and	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  WATERMELON  FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  SWEET POTATO  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  ROASTED ZESTY CHICKPEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  CAULIFLOWER  FORMULA / BREAST MILK  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SPINACH  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  ROASTED BEETS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  APRICOTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  BROCCOLI  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  APPLES  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  CARROTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK



BREAKFAST	Monday 1/20/2025	Tuesday 1/21/2025	Wednesday 1/22/2025	Thursday 1/23/2025	Friday 1/24/2025
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, hole egg, cooked dry beans or cooked					
ry peas; or 2 ounces of cheese; or 0-		RICE CEREAL	WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL	OATMEAL CEREAL
ounces (volume) cottage cheese; or 0	A				
4 ounces or 1/2 cup yogurt; or a combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
egetable or fruit or a combination of	FRUIT COCKTAIL	PEARS	TATER TOTS	KIWI	PEACHES
both					
AM SNACK					T
IRTH - 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					
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry,					
hole egg, cooked dry beans or cooked					
ry peas; or 2 ounces of cheese; or 0-		WHOLE WHEAT CEREAL	BARLEY CEREAL	MIXED CEREAL	BARLEY CEREAL
ounces (volume) cottage cheese; or 0					
4 ounces or 1/2 cup yogurt; or a combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
regetable or fruit or a combination of	STRAWBERRY/BANANA	CARROTS	BLUEBERRIES	PLUMS	STRAWBERRIES
both					
LUNCH EIRTH - 5 MONTHS: 4-6 Fluid ounces					<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	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons				<u> </u>	
infant cereal, meat, fish, poultry,					
hole egg, cooked dry beans or cooked					
Iry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0-		BARLEY CEREAL	MIXED CEREAL	RICE CEREAL	WHOLE WHEAT 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	CAPROTS	CORN	CABBAGE	GREEN BEENS	SWEET PEAS
both	OARRO 13	CONT	CADDAGE	ORELIA DELIAS	SWEET TEAS
PM SNACK					T
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
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-		0.474541 450541	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL
ary peas, or a bunces of theese hirti-	4001AEI) / EZE		MOLITORATIN CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL
• •		OATMEAL CEREAL			
ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a		OATMEAL CEREAL			
ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and		OATMEAL 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			BL <i>AC</i> KBERRIES	PINEAPPLE/BLUEBERRY	BLUEBERRY APPLE
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 regetable or fruit or a combination of both		BANANA	BL <i>AC</i> KBERRIES	PINEAPPLE/BLUEBERRY	BLUEBERRY APPLE
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 regetable or fruit or a combination of both  DINNER	CUCUMBER STICKS		BLACKBERRIES	PINEAPPLE/BLUEBERRY	BLUEBERRY APPLE
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 regetable or fruit or a combination of both	CUCUMBER STICKS		BLACKBERRIES  FORMULA / BREAST MILK	PINEAPPLE/BLUEBERRY  FORMULA / BREAST MILK	BLUEBERRY APPLE  FORMULA / BREAST MILK
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 regetable or fruit or a combination of both  DINNER  IRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	CUCUMBER STICKS	BANANA			
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 regetable 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	CUCUMBER STICKS FORMULA / BREAST MILK	BANANA FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable or fruit or a combination of both  DINNER  SIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	CUCUMBER STICKS FORMULA / BREAST MILK	BANANA FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable 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	CUCUMBER STICKS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	BANANA FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable or fruit or a combination of both  DINNER  TRTH - 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-	CUCUMBER STICKS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL	BANANA FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable 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 tablespoons infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked lry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0-	CUCUMBER STICKS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL	BANANA  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK
ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable 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 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked lry peas; or 2 ounces of cheese; or 0-	CUCUMBER STICKS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL	BANANA  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK
ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable 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 tablespoons infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked lry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a	CUCUMBER STICKS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL	BANANA  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK
ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable or fruit or a combination of both  DINNER  TRTH - 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- ounces (volume) cottage cheese; or 0- ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable or fruit or a combination of	CUCUMBER STICKS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL	BANANA  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK
ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable 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 tablespoons infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked lry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0- ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable or fruit or a combination of both	CUCUMBER STICKS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL	BANANA  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL
ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable 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 tablespoons infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked lry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0- ounces (volume) cottage cheese; or 0- d ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable or fruit or a combination of both  EVENING SNACK	CUCUMBER STICKS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  SWEET PEAS	BANANA  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SWEET POTATO	FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  TOMATO SOUP	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  COLLARD GREENS	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  REFRIED BEANS
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 regetable or fruit or a combination of both  DINNER  TRTH - 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, hole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0- ounces (volume) cottage cheese; or 0- d ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable or fruit or a combination of both  EVENING SNACK STRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	CUCUMBER STICKS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  SWEET PEAS	BANANA  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL
ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable 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 tablespoons infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked lry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0- ounces (volume) cottage cheese; or 0- d ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable or fruit or a combination of both  EVENING SNACK IRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	CUCUMBER STICKS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  SWEET PEAS	BANANA  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SWEET POTATO	FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  TOMATO SOUP	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  COLLARD GREENS	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  REFRIED BEANS
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 regetable or fruit or a combination of both  DINNER  TRTH - 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, hole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0- ounces (volume) cottage cheese; or 0- d ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable or fruit or a combination of both  EVENING SNACK STRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	CUCUMBER STICKS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  SWEET PEAS  FORMULA / BREAST MILK	BANANA  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SWEET POTATO  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  TOMATO SOUP  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  COLLARD GREENS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  REFRIED BEANS  FORMULA / BREAST MILK
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 regetable 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 tablespoons infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked lry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0- ounces (volume) cottage cheese; or 0- d ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable or fruit or a combination of both  EVENING SNACK  IRTH - 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,	CUCUMBER STICKS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  SWEET PEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	BANANA  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SWEET POTATO  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  TOMATO SOUP  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  COLLARD GREENS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  REFRIED BEANS  FORMULA / BREAST MILK
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 regetable 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 tablespoons infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked ry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0- ounces (volume) cottage cheese; or 0- d ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable or fruit or a combination of both  EVENING SNACK  IRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked	CUCUMBER STICKS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  SWEET PEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	BANANA  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SWEET POTATO  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  TOMATO SOUP  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  COLLARD GREENS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  REFRIED BEANS  FORMULA / BREAST MILK
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 egetable 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 tablespoons infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked ry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0- ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons egetable or fruit or a combination of both  EVENING SNACK  IRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked ry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0- ounces (volume) cottage cheese; or 0-	CUCUMBER STICKS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  SWEET PEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL	BANANA  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SWEET POTATO  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  TOMATO SOUP  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  COLLARD GREENS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  REFRIED BEANS  FORMULA / BREAST MILK  FORMULA / BREAST MILK
ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons egetable 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 tablespoons infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked ry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0- ounces (volume) cottage cheese; or 0- d ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons egetable or fruit or a combination of both  EVENING SNACK IRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked ry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0-	CUCUMBER STICKS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  SWEET PEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL	BANANA  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SWEET POTATO  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  TOMATO SOUP  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  COLLARD GREENS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  REFRIED BEANS  FORMULA / BREAST MILK  FORMULA / BREAST MILK
ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable 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 tablespoons infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked ry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0- ounces (volume) cottage cheese; or 0- d ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons regetable or fruit or a combination of both  EVENING SNACK IRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, hole egg, cooked dry beans or cooked lry peas; or 2 ounces of cheese; or 0- ounces (volume) cottage cheese; or 0- ounces (volume) cottage cheese; or 0-	CUCUMBER STICKS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  SWEET PEAS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL	BANANA  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL  SWEET POTATO  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL  TOMATO SOUP  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL  COLLARD GREENS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTIGRAIN CEREAL  REFRIED BEANS  FORMULA / BREAST MILK  FORMULA / BREAST MILK



CCI VICCS, II IC	Monday 1/27/2025	Tuesday 1/28/2025	Wednesday 1/29/2025	Thursday 1/30/2025	Friday 1/31/2025
BREAKFAST	Monday 172772023	1 desday 1/20/2025	Wednesday 1/27/2025	111di 3ddy 1/30/2023	111day 1/31/2023
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-		WHOLE WHEAT CEREAL	OATMEAL CEREAL	WHOLE WHEAT 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	APPLESAUCE	PEACHES	BLACKBERRIES	PLUMS	APRICOTS
both					1
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
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-		MIXED 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	PEARS	BANANA	FRUIT SALAD	PEAR	STRAWBERRY/BANANA
both LUNCH				I	
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / PREACT ATLY	EODMINA / DDC4CT ATT	EODMII A / BDEACT MTI	ECDMINA / DDCACT ATT	EODMII A / BDEACT MTI Y
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-	MULTIGRAIN CEREAL	RICE CEREAL	BARLEY CEREAL	BARLEY 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	STEAMED ZUCCHINI	SWEET POTATO	CORN	BROCCOLI	GREEN BEANS
PM SNACK				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	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 MILK	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 cheese; or 0-		BARLEY CEREAL	RICE 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	ADDICOT	TOWATO COUR		WATERMELON	ADDI EG ALIGE
vegetable or fruit or a combination of both	ALKTOOL	TOMATO SOUP	BLUEBERRIES	WATERMELON	APPLESAUCE
DINNER			•	•	
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MON I HS: 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) cottage cheese; or 0		MULTIGRAIN CEREAL	MIXED CEREAL	MULTI GRAIN 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		AD 5511 65 1115			
vegetable or fruit or a combination of both	PEAS & CARROTS	GREEN BEANS	CREAMED SPINACH	SWEET PEAS	ZUCHINNI
EVENING SNACK			•	•	
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - II MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons					
		Ī			
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked		OATMEAL CEREAL	MULTIGRAIN CERFAL	OATMEAL CEREAL	RICE CEREAL
	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MULTIGRAIN CEREAL	OATMEAL CEREAL	RICE CEREAL
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	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MULTIGRAIN CEREAL	OATMEAL CEREAL	RICE CEREAL
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	MULTIGRAIN CEREAL	OATMEAL CEREAL	RICE CEREAL
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	WHOLE WHEAT CEREAL	OATMEAL CEREAL  BLUEBERRIES	MULTIGRAIN CEREAL  AVOCADO	OATMEAL CEREAL  STRAWBERRY/BANANA	RICE CEREAL PRUNES