

| | Monday 2/3/25 | Tuesday 2/4/25 | Wednesday 2/5/25 | Thursday 2/6/25 | Friday 2/7/25 |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| BREAKFAST | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | WHOLE WHEAT CEREAL | OATMEAL CEREAL | MULTIGRAIN CEREAL | WHOLE WHEAT CEREAL | BARLEY CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | FRUIT SALAD | CHEESEY TATOR TOTS | APRICOTS | RASPBERRIES | BLUEBERRIES |
| LUNCH | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | RICE CEREAL | BARLEY CEREAL | RICE CEREAL | BARLEY CEREAL | MULTIGRAIN CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | MIXED VEGETABLES | STUFFED MUSHROOM | ROASTED CARROTS | SWEET CORN | BROCCOLI |
| PM SNACK | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 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 | BARLEY CEREAL | RICE CEREAL | OATMEAL CEREAL | MIXED CEREAL | WHOLE WHEAT CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | PLUMS | KIWI | TROPICAL FUIT SALAD | PLUMS | PRUNES |



| | Monday 2/10/25 | Tuesday 2/11/25 | Wednesday 2/12/25 | Thursday 2/13/25 | Friday 2/14/25 |
|---|--|------------------------|-------------------------|------------------------------|----------------------------|
| BREAKFAST | | | | | |
| 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 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 | RICE CEREAL | MULTIGRAIN CEREAL | WHOLE WHEAT CEREAL | BARLEY CEREAL | 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 | | | | | |
| vegetable or fruit or a combination of | RASPBERRIES | CINNAMON APPLESAUCE | HONEYDEW MELON | PEACHES | BANANAS |
| both | | | | | |
| LUNCH | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK |
| breastmilk/formula | TOTALIS OF THE STATE OF THE STA | , crancer, energy | , change, , shere, mesh | . Grander, Engine in include | . Cramos r , Sreno r mesic |
| 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 0-4 | DADIEV CEDE 41 | RICE CEREAL | BARLEY CEREAL | OATMEAL CEREAL | WHOLE WHEAT CEREAL |
| ounces (volume) cottage cheese; or 0-4 | BARLEY CEREAL | RICE CEREAL | BARLEY CEREAL | OATMEAL CEREAL | WHOLE WHEAT CEREAL |
| 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 CORN | ROASTED CAULIFLOWER | SWEAT PEAS & CARROTS | STIR FRY VEGETABLES | ZUCCHINI (MASHED) |
| both | OTERMES SORIA | (MASHED) | SWEAT TEAD & SAINOTO | STER TRY VEGETABLES | 2000 12142 (WASI 120) |
| PM SNACK | | | • | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK |
| breastmilk/formula | I ONMULA / BREAST MILK | I ORMULA / DREAST MILK | I ONMULA / DREAD! MILK | I OUMOPA \ DECAST WITH | I ONHULA / 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 0-4 | MIXED CEREAL | MIXED CEREAL | MIXED CEREAL | MULTI GRAIN CEREAL | MIXED 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 | 81 | | | 22.13.52 | 21.1525255 |
| vegetable or fruit or a combination of | PLUMS | STRAWBERRIES | FRUIT SALAD | PRUNES | BLUEBERRIES |
| both | | | | | |



| | Monday 2/17/25 | Tuesday 2/18/25 | Wednesday 2/19/25 | Thursday 2/20/25 | Friday 2/21/25 |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| BREAKFAST | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | MUTLIGRAIN CEREAL | WHOLE WHEAT CEREAL | RICE CEREAL | OATMEAL CEREAL | MIXED CEREAL |
| | RASPBERRIES | PEACHES | STRAWBERRY BANANA | APRICOTS | FRUIT COCKTAIL |
| both LUNCH | | | | | |
| DEDTIL E MONTUG. 4 (Fluid aumant | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | MIXED CEREAL | OATMEAL CEREAL | BARLEY CEREAL | WHOLE WHEAT CEREAL | RICE CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | PEAS & CARROTS | BUTTERNUT SQUASH | TOMATO BISQUE SOUP | CARROTS | MIXED VEGETABLES |
| PM SNACK | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 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 | RICE CEREAL | BARLEY CEREAL | MIXED CEREAL | MULTIGRAIN CEREAL | BARLEY CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | CANTALOUPE (MASHED) | PRUNES | APPLESAUCE | BANANA | SLIT PEA SOUP |



| | Monday 2/24/25 | Tuesday 2/25/25 | Wednesday 2/26/25 | Thursday 2/27/25 | Friday 2/28/25 |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| BREAKFAST | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | MULTIGRAIN CEREAL | RICE CEREAL | WHOLE WHEAT CEREAL | MULTIGRAIN CEREAL | OATMEAL CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | TATER TOTS | BANANA | STRAWBERRIES | PLUMS | FRUIT SALAD |
| LUNCH | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and | WHOLE WHEAT CEREAL | BARLEY CEREAL | MIXED CEREAL | RICE CEREAL | WHOLE WHEAT CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | BAKED CAULIFLOWER | APPLESAUCE | BROCCOLI | GREEN BEENS | PEAS & CARROTS |
| PM SNACK | | | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula | FORMULA / BREAST MILK |
| 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 | MIXED CEREAL | OATMEAL CEREAL | MULTIGRAIN CEREAL | WHOLE WHEAT CEREAL | RICE CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | VEGETABLE SOUP | BLUEBERRIES | RASPBERRIES | HONEYDEW MELON | BLUEBERRY APPLE |



| BREAKFAST | | | |
|---|--|------|--|
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| 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 | | | |
| LUNCH | | | |
| 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 | | | |
| PM SNACK | | | |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces | | | |
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| 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 | | | |
| | | | |