

				Thursday 5/1/25	Friday 5/2/25
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula				FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula				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	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both				BLACKBERRIES	CANTALOUPE
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula				FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula				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				MULTI GRAIN CEREAL	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both				CARROTS	BROCCOLI
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula				FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula				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				RICE CEREAL	MULTIGRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both				ORANGES	BANANA

	Monday 5/5/25	Tuesday 5/6/25	Wednesday 5/7/25	Thursday 5/8/25	Friday 5/9/25
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	WHOLE WHEAT CEREAL	MUTLIGRAIN CEREAL	RICE CEREAL	MULTIGRAIN CEREAL	MIXED CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	BANANA & STRAWBERRIES	APPLESAUCE	HASHBROWNS	BLUEBERRY APPLE	PEACHES
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	OATMEAL CEREAL	BARLEY CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CABBAGE	PEAS	SAUTEED GREEN BEANS	STEAMED BROCCOLI	STIR FRY VEGGIES
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	MIXED CEREAL	OATMEAL CEREAL	MIXED CEREAL	RICE CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	APPLESAUCE	TOMATO BISQUE SOUP	SWEET POTATO	LENTIL SOUP	PEARS

	Monday 5/12/25	Tuesday 5/13/25	Wednesday 5/14/25	Thursday 5/15/25	Friday 5/16/25
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	BARLEY CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	MULTI GRAIN CEREAL	OATMEAL CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	APPLES	ORANGES	RASPBERRIES	CINNAMON APPLESAUCE	ROASTED POTATO WEDGES
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	MULTI GRAIN CEREAL	MIXED CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	POTATO SALAD	MIXED VEGETABLES	SAUTEED GREEN BEANS	SWEET POTATO	BROCCOLI
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	RICE CEREAL	MULTIGRAIN CEREAL	MULTIGRAIN CEREAL	BARLEY CEREAL	MULTIGRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PLUMS	PEACHES	BANANA	MIXED BERRIES	MIXED VEGETABLES

	Monday 5/19/25	Tuesday 5/20/25	Wednesday 5/21/25	Thursday 5/22/25	Friday 5/23/25
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	WHOLE WHEAT CEREAL	RICE CEREAL	MULTI GRAIN CEREAL	OATMEAL CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	WARM PEACHES	PEARS	RASPBERRIES	APPLESAUCE	BANANAS
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	RICE CEREAL	OATMEAL CEREAL	BARLEY CEREAL	RICE CEREAL	MULTI GRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	SWEET POTATOES	FRENCH FRIES	SAUTEED GREEN BEANS	PEAS & CARROTS	ASPARAGUS (MASHED)
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	WHOLE WHEAT TOAST	BARLEY CERAL	WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	MIXED FRUIT	ROASTED TOMATO BISQUE SOUP	PEAR / PINEAPPLES	GUACAMOLE	KIWI

	Monday 5/26/25	Tuesday 5/27/25	Wednesday 5/28/25	Thursday 5/29/25	Friday 5/30/25
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	WHOLE WHEAT CEREAL	RICE CEREAL	WHOLE WHEAT CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	RASPBERRIES	BLUEBERRY	PINEAPPLE	BLACKBERRIES	PEARS
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	OATMEAL CEREAL	WHOLE GRAIN CEREAL	BARLEY CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CARROTS	BAKED POTATO	STEAMED CORN	PRUNES	BLACK BEANS
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	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 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	RICE CEREAL	BARLEY CEREAL	OATMEAL CEREAL	RICE CEREAL	MIXED CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	HASHBROWNS	APRICOTS	RASPBERRIES	AVOCADO	PAPAYA