

	Monday 6/2/25	Tuesday 6/3/25	Wednesday 6/4/25	Thursday 6/5/25	Friday 6/6/25
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	WHOLE WHEAT CEREAL	BARLEY CEREAL	RICE CEREAL	OATMEAL CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	BANANAS	STRAWBERRIES	PINEAPPLE	BLACKBERRIES	FRUIT SALAD
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	BARLEY CEREAL	MIXED CEREAL	WHOLE WHEAT CEREAL	MULTI GRAIN CEREAL	OATMEAL CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CREAMY SPINACH	PRUNES	GREEN BEANS	LEMON GARLIC ARTICHOKE (MASHED)	YELLOW SQUASH
PM SNACK		I		I	1
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	RICE CEREAL	MIXED CEREAL	RICE CEREAL	MULTIGRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	APRICOT	AVOCADO	PAPAYA	APPLE STRIPS	BANANA



	Monday 6/9/25	Tuesday 6/10/25	Wednesday 6/11/25	Thursday 6/12/25	Friday 6/13/25
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK				
6 - 11 MONTHS: 6-8 Fluid ounces	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	BANANA	STRAWBERRIES	kiwi	HASBROWNS	APPLES
both					
LUNCH BIRTH - 5 MONTHS: 4-6 Fluid ounces		T	T		
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	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 & CARROTS	SWEET POTATO FRIES	CREAMED SPINACH	PEAS
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	MIXED CEREAL	RICE CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	APPLESAUCE	FRUIT SALAD	PAPAYA	LENTIL SOUP	WATERMELON



	Monday 6/16/25	Tuesday 6/17/25	Wednesday 6/18/25	Thursday 6/19/25	Friday 6/20/25
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	TORNOSA / SKEAST MESK	TORMODA / BREAG MEDIC	TORMODA / BREZIOT MEDIC	TORMODA / BREAD! MEEK	TORMODA 7 DREAGT MILER
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					
	BARLEY CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	MULTI GRAIN CEREAL	OATMEAL CEREAL
ounces (volume) cottage cheese; or 0-4	BARLET CEREAL	WHOLE WHEAT CEREAL	RIGE GEREAL	MOLII GRAIN CEREAL	OATMEAL 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	AVOCADO	CHEESY TATER TOTS	APRICOTS	BANANAS	ROASTED POTATO WEDGES
both			/ · · · · · · · · · · · · · · · · · · ·		
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	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 0-4	MUTLI GRAIN CEREAL	MIXED CEREAL	WHOLE WHEAT CEREAL	RICE 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					
vegetable or fruit or a combination of	PEAS	BROCCOLI	SWEET POTATO FRIES	CARROT	BUTTERNUT SQUASH
both					
PM SNACK			T		
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					
	RICE CEREAL	MULTIGRAIN CEREAL	MULTIGRAIN 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	BROCCOLI	PEACHES	PLUMS	APPLE SAUCE	MIXED BERRIES
both					



	Monday 6/23/25	Tuesday 6/24/25	Wednesday 6/25/25	Thursday 6/26/25	Friday 6/27/25
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	TORMODA 7 DREAD! MEEK	TORMODA / DREAD! MILER	TORMODA / DICHOT MIZER	TOTAMODA / BREAG! MEER	TORMODA / BREAGT MEER
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	WHOLE WHEAT CEREAL	RICE CEREAL	MULTI GRAIN CEREAL	OATMEAL 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					
vegetable or fruit or a combination of	APRICOTS	PEARS	PEACHES	BLUEBERRY APPLE	CINNAMON APPLES
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	TORMODA / BREAD! MEEK	TORMODA / BREAGT MILER	TORMODA / DICHOT MIZER	TOTAMODA / BREAGT MEER	TORMODA / BREAGT MEER
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					
	RICE CEREAL	OATMEAL CEREAL	BARLEY CEREAL	RICE CEREAL	MULTI GRAIN 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	DI AOK DEAN COUR	OWEET DOTATO	0488070	OWEET DOTATO	TATED TOTO
vegetable or fruit or a combination of both	BLACK BEAN SOUP	SWEET POTATO	CARROTS	SWEET POTATO	TATER TOTS
PM SNACK					<u> </u>
BIRTH - 5 MONTHS: 4-6 Fluid ounces		1	-	I	
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	TORMOLA / BREAST MILK	TORMOLA / BREAST MILK	TORMOLA / BREAST MILK	TORMOLA / BREAST MILE	TORMOLA / BREAST MILE
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry, whole					
egg, cooked dry beans or cooked dry					
•	WHOLE WHEAT	BARLEY CERAL	WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL	WHOLE WHEAT 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	DEACHES BANANA	DOASTED TOMATO DISQUE SOUR	DEAD / DINEADDI FS	ADDI E STDAWDEDDY BANANA	ADDI E DI HEDEDDY CDIMACH
vegetable or fruit or a combination of both	FEACITES DAINAINA	ROASTED TOMATO BISQUE SOUP	PEAR / PINEAPPLES	APPLE STRAWBERRY BANANA	APPLE BLUEBERRY SPINACH
DOTN	l	l	L	l	



	Monday 6/30/25		
BREAKFAST			
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK		
Dreastmilk/Tormula	FORMULA / BREAST MILK		
6 - 11 MONTHS: 6-8 Fluid ounces	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	WHOLE WHEAT 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		
both			
LUNCH			
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK		
44 HONTHS (0 Cl : 1			
breastmilk/formula	FORMULA / BREAST MILK		
6 - 11 MONTHS: 0-4 tablespoons			
infant cereal, meat, fish, poultry, whole			
egg, cooked dry beans or cooked dry			
	OATMEAL CEREAL		
ounces (volume) cottage cheese; or 0-4	OATMEAE GENEAE		
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	CARROTS		
both			
PM SNACK			
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK		
breastmilk/formula	FORMULA / BREAST MILK		
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK		
breastmilk/formula			
6 - 11 MONTHS: 0-4 tablespoons			
infant cereal, meat, fish, poultry, whole			
egg, cooked dry beans or cooked dry			
	RICE 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	12040		
vegetable or fruit or a combination of	KIWI		
both			