



| | Monday 6/1/26 | Tuesday 6/2/26 | Wednesday 6/3/26 | Thursday 6/4/26 | Friday 6/5/26 |
|--|-----------------------|----------------------------|-----------------------|-----------------------|--------------------------|
| 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 | BARLEY CEREAL | RICE CEREAL | OATMEAL CEREAL | BARLEY CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | BLUEBERRIES | DICED PAPAYA | DICED KIWI | DICED GRAPEFRUIT | DICED STRAWBERRIES |
| 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 | 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 | STRAWBERRIES | CREAMED SPINACH | GREEN BEANS | COLLARD GREENS | SAUTEED ASPARAGUS (SOFT) |
| 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 | OATMEAL CEREAL | RICE CEREAL | MIXED CEREAL | RICE CEREAL | MULTIGRAIN CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | DICED NECTARINES | STEAMED CAULIFLOWER (SOFT) | FRUIT COCKTAIL | DICED APRICOTS | BLACK EYED PEAS |



| | Monday 6/8/26 | Tuesday 6/9/26 | Wednesday 6/10/26 | Thursday 6/11/26 | Friday 6/12/26 |
|--|------------------------|-----------------------|-----------------------|-----------------------|------------------------|
| 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 | DICED APRICOTS | SLICED BANANA | DICED PEARS | HASHBROWNS | APPLESAUCE |
| 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 | SAUTEED CABBAGE (SOFT) | DICED CUCUMBERS | SWEET POTATO FRIES | CORN NIBLITS | SMASHED AVOCADO |
| 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 | DICED KIWI | WATERMELON | BANANA SLICES | SAUTEED SPINACH (SOFT) |



| | Monday 6/15/26 | Tuesday 6/16/26 | Wednesday 6/17/26 | Thursday 6/18/26 | Friday 6/19/26 |
|--|-----------------------|-------------------------|-----------------------|-----------------------|-----------------------|
| 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 | HONEYDEW MELON | CHEESY TATER TOTS | DICED APRICOTS | BANANA SLICES | 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 | GREEN PEAS | SAUTEED SPINACH (SOFT) | ROASTED YELLOW SQUASH | REFRIED BEANS | LIMA 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 | MULTIGRAIN CEREAL | MULTIGRAIN CEREAL | BARLEY CEREAL | MULTIGRAIN CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | DICED NECTARINES | STEAMED BROCCOLI (SOFT) | DICED PEARS | APPLESAUCE | MIXED BERRIES |



| | Monday 6/22/26 | Tuesday 6/23/26 | Wednesday 6/24/26 | Thursday 6/25/25 | Friday 6/26/26 |
|--|-----------------------|-------------------------|------------------------|-----------------------|-----------------------|
| 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 | DICED APRICOTS | DICED PEARS | DICED PEACHES | DICED NECTARINES | DICED PAPAYA |
| 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 | MIXED FRUIT | DICED TOMATOES | ROASTED CARROTS (SOFT) | DICED MANGO | TATER TOTS |
| 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 | BARLEY CERAL | WHOLE WHEAT CEREAL | MULTIGRAIN CEREAL | WHOLE WHEAT CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | DICED WATERMELON | STEAMED BROCCOLI (SOFT) | RASPBERRIES | MASHED POTATOES | MINI SWEET PEPPERS |

Monday 6/29/26

Tuesday 6/30/26

| 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 | MIXED CEREAL | | | |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | SLICED KIWI | WATERMELON | | | |
| 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 | OATMEAL CEREAL | WHOLE WHEAT CEREAL | | | |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | SAUTEED ZUCCHINI | CORN NIBLITS | | | |
| 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 | MIXED CEREAL | | | |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | RASPBERRIES | APPLESAUCE | | | |