

|                                                                                                                                                                                                                                                                        | Monday 8/3/26         | Tuesday 8/4/26        | Wednesday 8/5/26      | Thursday 8/6/26         | Friday 8/7/26         |
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| <b>AM SNACK</b>                                                                                                                                                                                                                                                        |                       |                       |                       |                         |                       |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK   | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK   | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons<br>infant cereal, meat, fish, poultry, whole<br>egg, cooked dry beans or cooked dry<br>peas; or 2 ounces of cheese; or 0-4<br>ounces (volume) cottage cheese; or 0-4<br>ounces or 1/2 cup yogurt; or a<br>combination of the above; and | RICE CEREAL           | BARLEY CEREAL         | MULTIGRAIN CEREAL     | WHOLE WHEAT CEREAL      | OATMEAL CEREAL        |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | DICED WATERMELON      | DICED MANGO           | DICED CANTALOUPE      | DICED PINEAPPLE         | RASPBERRIES           |
| <b>LUNCH</b>                                                                                                                                                                                                                                                           |                       |                       |                       |                         |                       |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK   | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK   | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons<br>infant cereal, meat, fish, poultry, whole<br>egg, cooked dry beans or cooked dry<br>peas; or 2 ounces of cheese; or 0-4<br>ounces (volume) cottage cheese; or 0-4<br>ounces or 1/2 cup yogurt; or a<br>combination of the above; and | WHOLE WHEAT CEREAL    | MIXED CEREAL          | BARLEY CEREAL         | OATMEAL CEREAL          | RICE CEREAL           |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | DICED AVOCADO         | DICED CUCUMBER        | GREEN PEAS            | STEAMED BROCCOLI (SOFT) | CORN NIBLITS          |
| <b>DINNER</b>                                                                                                                                                                                                                                                          |                       |                       |                       |                         |                       |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK   | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK   | FORMULA / BREAST MILK |
| 6 - 11 MONTHS: 0-4 tablespoons<br>infant cereal, meat, fish, poultry, whole<br>egg, cooked dry beans or cooked dry<br>peas; or 2 ounces of cheese; or 0-4<br>ounces (volume) cottage cheese; or 0-4<br>ounces or 1/2 cup yogurt; or a<br>combination of the above; and | BARLEY CEREAL         | RICE CEREAL           | WHOLE WHEAT CEREAL    | BARLEY CEREAL           | MIXED CEREAL          |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | GREEN BEANS           | SWEET POTATO WEDGES   | CREAMED SPINACH       | DICED SWEET PEPPERS     | DICED WATERMELON      |

|                                                                                                                                                                                                                                                                        | Monday 8/10/26        | Tuesday 8/11/26          | Wednesday 8/12/26     | Thursday 8/13/26                     | Friday 8/14/26          |
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| <b>AM SNACK</b>                                                                                                                                                                                                                                                        |                       |                          |                       |                                      |                         |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | FORMULA / BREAST MILK | FORMULA / BREAST MILK    | FORMULA / BREAST MILK | FORMULA / BREAST MILK                | FORMULA / BREAST MILK   |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  | FORMULA / BREAST MILK | FORMULA / BREAST MILK    | FORMULA / BREAST MILK | FORMULA / BREAST MILK                | FORMULA / BREAST MILK   |
| 6 - 11 MONTHS: 0-4 tablespoons<br>infant cereal, meat, fish, poultry, whole<br>egg, cooked dry beans or cooked dry<br>peas; or 2 ounces of cheese; or 0-4<br>ounces (volume) cottage cheese; or 0-4<br>ounces or 1/2 cup yogurt; or a<br>combination of the above; and | WHOLE WHEAT CEREAL    | RICE CEREAL              | MULTIGRAIN CEREAL     | OATMEAL CEREAL                       | MIXED CEREAL            |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | APPLESAUCE            | DICED CANTALOUPE         | CHERRY TOMATOES       | DICED BANANA                         | BLACKBERRIES            |
| <b>LUNCH</b>                                                                                                                                                                                                                                                           |                       |                          |                       |                                      |                         |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | FORMULA / BREAST MILK | FORMULA / BREAST MILK    | FORMULA / BREAST MILK | FORMULA / BREAST MILK                | FORMULA / BREAST MILK   |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  | FORMULA / BREAST MILK | FORMULA / BREAST MILK    | FORMULA / BREAST MILK | FORMULA / BREAST MILK                | FORMULA / BREAST MILK   |
| 6 - 11 MONTHS: 0-4 tablespoons<br>infant cereal, meat, fish, poultry, whole<br>egg, cooked dry beans or cooked dry<br>peas; or 2 ounces of cheese; or 0-4<br>ounces (volume) cottage cheese; or 0-4<br>ounces or 1/2 cup yogurt; or a<br>combination of the above; and | BARLEY CEREAL         | MIXED CEREAL             | OATMEAL CEREAL        | RICE CEREAL                          | MULTIGRAIN CEREAL       |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | ROASTED SQUASH (SOFT) | STEAMED ASPARAGUS (SOFT) | DICED CUCUMBERS       | SAUTEED BELL PEPPER STRIPS<br>(SOFT) | BLACK BEANS             |
| <b>DINNER</b>                                                                                                                                                                                                                                                          |                       |                          |                       |                                      |                         |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | FORMULA / BREAST MILK | FORMULA / BREAST MILK    | FORMULA / BREAST MILK | FORMULA / BREAST MILK                | FORMULA / BREAST MILK   |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  | FORMULA / BREAST MILK | FORMULA / BREAST MILK    | FORMULA / BREAST MILK | FORMULA / BREAST MILK                | FORMULA / BREAST MILK   |
| 6 - 11 MONTHS: 0-4 tablespoons<br>infant cereal, meat, fish, poultry, whole<br>egg, cooked dry beans or cooked dry<br>peas; or 2 ounces of cheese; or 0-4<br>ounces (volume) cottage cheese; or 0-4<br>ounces or 1/2 cup yogurt; or a<br>combination of the above; and | OATMEAL CEREAL        | BARLEY CEREAL            | RICE CEREAL           | WHOLE WHEAT CEREAL                   | OATMEAL CEREAL          |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | LIMA BEANS            | PEAS & CARROTS           | GREEN BEANS           | MASHED POTATOES                      | STEAMED BROCCOLI (SOFT) |

|                                                                                                                                                                                                                                                                        | Monday 8/17/26          | Tuesday 8/18/26       | Wednesday 8/19/26     | Thursday 8/20/26      | Friday 8/21/26                       |
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| <b>AM SNACK</b>                                                                                                                                                                                                                                                        |                         |                       |                       |                       |                                      |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | FORMULA / BREAST MILK   | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK                |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  | FORMULA / BREAST MILK   | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK                |
| 6 - 11 MONTHS: 0-4 tablespoons<br>infant cereal, meat, fish, poultry, whole<br>egg, cooked dry beans or cooked dry<br>peas; or 2 ounces of cheese; or 0-4<br>ounces (volume) cottage cheese; or 0-4<br>ounces or 1/2 cup yogurt; or a<br>combination of the above; and | MULTIGRAIN CEREAL       | MIXED CEREAL          | OATMEAL CEREAL        | RICE CEREAL           | BARLEY CEREAL                        |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | BLUEBERRIES             | DICED APRICOTS        | DICED KIWI            | RASPBERRIES           | GUACOMOLE                            |
| <b>LUNCH</b>                                                                                                                                                                                                                                                           |                         |                       |                       |                       |                                      |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | FORMULA / BREAST MILK   | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK                |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  | FORMULA / BREAST MILK   | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK                |
| 6 - 11 MONTHS: 0-4 tablespoons<br>infant cereal, meat, fish, poultry, whole<br>egg, cooked dry beans or cooked dry<br>peas; or 2 ounces of cheese; or 0-4<br>ounces (volume) cottage cheese; or 0-4<br>ounces or 1/2 cup yogurt; or a<br>combination of the above; and | OATMEAL CEREAL          | MULTIGRAIN CEREAL     | WHOLE WHEAT CEREAL    | MULTIGRAIN CEREAL     | RICE CEREAL                          |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | STEAMED ZUCCHINI (SOFT) | REFRIED BEANS         | GREEN BEANS           | PEAS & CARROTS        | SAUTEED BELL PEPPER STRIPS<br>(SOFT) |
| <b>DINNER</b>                                                                                                                                                                                                                                                          |                         |                       |                       |                       |                                      |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | FORMULA / BREAST MILK   | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK                |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  | FORMULA / BREAST MILK   | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK | FORMULA / BREAST MILK                |
| 6 - 11 MONTHS: 0-4 tablespoons<br>infant cereal, meat, fish, poultry, whole<br>egg, cooked dry beans or cooked dry<br>peas; or 2 ounces of cheese; or 0-4<br>ounces (volume) cottage cheese; or 0-4<br>ounces or 1/2 cup yogurt; or a<br>combination of the above; and | WHOLE WHEAT CEREAL      | BARLEY CEREAL         | RICE CEREAL           | OATMEAL CEREAL        | MIXED CEREAL                         |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | ROASTED EGGPLANT (SOFT) | DICED CANTALOUPE      | BAKED POTATO          | COLLARD GREENS        | ROASTED ZUCCHINI (SOFT)              |

|                                                                                                                                                                                                                                                                        | Monday 8/24/26             | Tuesday 8/25/26          | Wednesday 8/26/26       | Thursday 8/27/26      | Friday 8/28/26                     |
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| <b>AM SNACK</b>                                                                                                                                                                                                                                                        |                            |                          |                         |                       |                                    |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | FORMULA / BREAST MILK      | FORMULA / BREAST MILK    | FORMULA / BREAST MILK   | FORMULA / BREAST MILK | FORMULA / BREAST MILK              |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  | FORMULA / BREAST MILK      | FORMULA / BREAST MILK    | FORMULA / BREAST MILK   | FORMULA / BREAST MILK | FORMULA / BREAST MILK              |
| 6 - 11 MONTHS: 0-4 tablespoons<br>infant cereal, meat, fish, poultry, whole<br>egg, cooked dry beans or cooked dry<br>peas; or 2 ounces of cheese; or 0-4<br>ounces (volume) cottage cheese; or 0-4<br>ounces or 1/2 cup yogurt; or a<br>combination of the above; and | MIXED CEREAL               | MULTIGRAIN CEREAL        | BARLEY CEREAL           | WHOLE WHEAT CEREAL    | MIXED CEREAL                       |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | DICED MANGO                | MANDARINS                | MIXED FRUIT             | BLACKBERRIES          | DICED HONEYDEW MELON               |
| <b>LUNCH</b>                                                                                                                                                                                                                                                           |                            |                          |                         |                       |                                    |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | FORMULA / BREAST MILK      | FORMULA / BREAST MILK    | FORMULA / BREAST MILK   | FORMULA / BREAST MILK | FORMULA / BREAST MILK              |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  | FORMULA / BREAST MILK      | FORMULA / BREAST MILK    | FORMULA / BREAST MILK   | FORMULA / BREAST MILK | FORMULA / BREAST MILK              |
| 6 - 11 MONTHS: 0-4 tablespoons<br>infant cereal, meat, fish, poultry, whole<br>egg, cooked dry beans or cooked dry<br>peas; or 2 ounces of cheese; or 0-4<br>ounces (volume) cottage cheese; or 0-4<br>ounces or 1/2 cup yogurt; or a<br>combination of the above; and | MULTIGRAIN CEREAL          | WHOLE WHEAT CEREAL       | OATMEAL CEREAL          | MIXED CEREAL          | WHOLE WHEAT CEREAL                 |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | GREEN BEANS                | PEAS & CARROTS           | STEAMED BROCCOLI (SOFT) | LIMA BEANS            | CHERRY TOMATOES                    |
| <b>DINNER</b>                                                                                                                                                                                                                                                          |                            |                          |                         |                       |                                    |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | FORMULA / BREAST MILK      | FORMULA / BREAST MILK    | FORMULA / BREAST MILK   | FORMULA / BREAST MILK | FORMULA / BREAST MILK              |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  | FORMULA / BREAST MILK      | FORMULA / BREAST MILK    | FORMULA / BREAST MILK   | FORMULA / BREAST MILK | FORMULA / BREAST MILK              |
| 6 - 11 MONTHS: 0-4 tablespoons<br>infant cereal, meat, fish, poultry, whole<br>egg, cooked dry beans or cooked dry<br>peas; or 2 ounces of cheese; or 0-4<br>ounces (volume) cottage cheese; or 0-4<br>ounces or 1/2 cup yogurt; or a<br>combination of the above; and | OATMEAL CEREAL             | RICE CEREAL              | MIXED CEREAL            | MULTIGRAIN CEREAL     | MULTI GRAIN CEREAL                 |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | STEAMED CAULIFLOWER (SOFT) | ROASTED ASPARAGUS (SOFT) | SWEET CORN NIBLITS      | FRENCH FRIES          | ROASTED BRUSSELS SPROUTS<br>(SOFT) |

|                                                                                                                                                                                                                                                                        |                         |  |  |  |  |
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|                                                                                                                                                                                                                                                                        | Monday 8/31/26          |  |  |  |  |
| <b>AM SNACK</b>                                                                                                                                                                                                                                                        |                         |  |  |  |  |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | FORMULA / BREAST MILK   |  |  |  |  |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  | FORMULA / BREAST MILK   |  |  |  |  |
| 6 - 11 MONTHS: 0-4 tablespoons<br>infant cereal, meat, fish, poultry, whole<br>egg, cooked dry beans or cooked dry<br>peas; or 2 ounces of cheese; or 0-4<br>ounces (volume) cottage cheese; or 0-4<br>ounces or 1/2 cup yogurt; or a<br>combination of the above; and | BARLEY CEREAL           |  |  |  |  |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | DICED PEACHES           |  |  |  |  |
| <b>LUNCH</b>                                                                                                                                                                                                                                                           |                         |  |  |  |  |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | FORMULA / BREAST MILK   |  |  |  |  |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  | FORMULA / BREAST MILK   |  |  |  |  |
| 6 - 11 MONTHS: 0-4 tablespoons<br>infant cereal, meat, fish, poultry, whole<br>egg, cooked dry beans or cooked dry<br>peas; or 2 ounces of cheese; or 0-4<br>ounces (volume) cottage cheese; or 0-4<br>ounces or 1/2 cup yogurt; or a<br>combination of the above; and | OATMEAL CEREAL          |  |  |  |  |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | BLACK EYED PEAS         |  |  |  |  |
| <b>DINNER</b>                                                                                                                                                                                                                                                          |                         |  |  |  |  |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | FORMULA / BREAST MILK   |  |  |  |  |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  | FORMULA / BREAST MILK   |  |  |  |  |
| 6 - 11 MONTHS: 0-4 tablespoons<br>infant cereal, meat, fish, poultry, whole<br>egg, cooked dry beans or cooked dry<br>peas; or 2 ounces of cheese; or 0-4<br>ounces (volume) cottage cheese; or 0-4<br>ounces or 1/2 cup yogurt; or a<br>combination of the above; and | MULTIGRAIN CEREAL       |  |  |  |  |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | STEAMED ZUCCHINI (SOFT) |  |  |  |  |