

|                                                                                                                                                                                                                                                                        |  | Tuesday 9/1/2026        | Wednesday 9/2/2026     | Thursday 9/3/2026     | Friday 9/4/2026          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-------------------------|------------------------|-----------------------|--------------------------|
| <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    |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  |  | 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            | MIXED CEREAL          | MULTIGRAIN CEREAL        |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       |  | GREEN BEANS             | ROASTED CARROTS (SOFT) | SWEET PEAS            | DICED BELL PEPPER        |
| <b>PM SNACK</b>                                                                                                                                                                                                                                                        |  |                         |                        |                       |                          |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               |  | 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    |
| 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             | WHOLE WHEAT CEREAL     | OATMEAL CEREAL        | MIXED CEREAL             |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       |  | MANDARINS               | DICED KIWI             | APPLESAUCE            | DICED PINEAPPLE          |
| <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    |
| 6 - 11 MONTHS: 6-8 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                                  |  | 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            | BARLEY CEREAL          | WHOLE WHEAT CEREAL    | RICE CEREAL              |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       |  | STEAMED BROCCOLI (SOFT) | CORN NIBLITS           | CREAMED SPINACH       | ROASTED BRUSSELS SPROUTS |

|                                                                                                                                                                                                                                                                        | Friday 9/7/2026         | Thursday 9/8/2026     | Wednesday 9/9/2026    | Thursday 9/10/2026      | Friday 9/11/2026      |
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| <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           | RICE CEREAL           | MIXED CEREAL          | MULTIGRAIN CEREAL       | WHOLE WHEAT CEREAL    |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | DICED WATERMELON        | PEAS & CARROTS        | MIXED VEGETABLES      | SAUTEED BROCCOLI (SOFT) | PICO DE GALLO         |
| <b>PM 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       | BARLEY CEREAL         | OATMEAL CEREAL        | RICE CEREAL             | MULTIGRAIN CEREAL     |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | DICED PLUMS             | BAKED BEANS           | BLUEBERRIES           | DICED PAPAYA            | BLACKBERRIES          |
| <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          | MIXED CEREAL          | RICE CEREAL           | WHOLE WHEAT CEREAL      | OATMEAL CEREAL        |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | ROASTED EGGPLANT (SOFT) | ROASTED YELLOW SQUASH | CREAMED CORN          | MASHED POTATOES         | CREAMED SPINACH       |

|                                                                                                                                                                                                                                                                        | Monday 9/14/2026      | Tuesday 9/15/2026       | Wednesday 9/16/2026   | Thursday 9/17/2026      | Friday 9/18/2026        |
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| <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 | RICE CEREAL           | OATMEAL CEREAL          | WHOLE WHEAT CEREAL    | OATMEAL CEREAL          | MULTIGRAIN CEREAL       |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | GREEN BEANS           | FRENCH FRIES            | ROASTED BELL PEPPERS  | STEAMED ZUCCHINI (SOFT) | STEAMED BROCCOLI (SOFT) |
| <b>PM 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            | BARLEY CEREAL         | RICE CEREAL             | OATMEAL CEREAL          |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | DICED PEACHES         | CHERRY TOMATOES         | DICED KIWI            | BLACKBERRIES            | DICED HONEYDEW MELON    |
| <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 | MIXED CEREAL          | WHOLE WHEAT CEREAL      | MULTIGRAIN CEREAL     | MIXED CEREAL            | BARLEY CEREAL           |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | CORN NIBLITS          | ROASTED EGGPLANT (SOFT) | PEAS & CARROTS        | SAUTEED SPINACH         | STIR FRY VEGGIES        |

|                                                                                                                                                                                                                                                                        | Monday 9/21/2026         | Tuesday 9/22/2026       | Wednesday 9/23/2026   | Thursday 9/24/2026    | Friday 9/25/2026        |
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| <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           | MIXED CEREAL            | WHOLE WHEAT CEREAL    | RICE CEREAL           | BARLEY CEREAL           |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | SAUTEED CABBAGE (SOFT)   | SAUTEED BROCCOLI (SOFT) | MIXED VEGETABLES      | GREEN BEANS           | GREEN PEAS              |
| <b>PM 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 | BARLEY CEREAL            | WHOLE WHEAT CEREAL      | MIXED CEREAL          | MULTIGRAIN CEREAL     | RICE CEREAL             |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | MIXED BERRIES            | CHERRY TOMATOES         | RASPBERRIES           | MANDARINS             | DICED PEARS             |
| <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 | MIXED CEREAL             | RICE CEREAL             | OATMEAL CEREAL        | BARLEY CEREAL         | WHOLE WHEAT CEREAL      |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | ROASTED ASPARAGUS (SOFT) | PEAS & CARROTS          | LIMA BEANS            | MIXED VEGETABLES      | STEAMED ZUCCHINI (SOFT) |

|                                                                                                                                                                                                                                                                        | Monday 9/28/2026      | Tuesday 9/29/2026         | Wednesday 9/30/2026     |  |  |
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| <b>LUNCH</b>                                                                                                                                                                                                                                                           |                       |                           |                         |  |  |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | 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   |  |  |
| 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             | OATMEAL CEREAL          |  |  |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | TATER TOTS            | SAUTEED ASPARAGUS (SOFT)  | SAUTEED BROCCOLI (SOFT) |  |  |
| <b>PM SNACK</b>                                                                                                                                                                                                                                                        |                       |                           |                         |  |  |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | 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   |  |  |
| 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     | RICE CEREAL               | BARLEY CEREAL           |  |  |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | DICED NECTARINES      | DICED ORANGES             | FRUIT COCKTAIL          |  |  |
| <b>DINNER</b>                                                                                                                                                                                                                                                          |                       |                           |                         |  |  |
| BIRTH - 5 MONTHS: 4-6 Fluid ounces<br>breastmilk/formula                                                                                                                                                                                                               | 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   |  |  |
| 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        | MIXED CEREAL              | MULTIGRAIN CEREAL       |  |  |
| 6 - 11 MONTHS: 0-2 tablespoons<br>vegetable or fruit or a combination of<br>both                                                                                                                                                                                       | BAKED BEANS           | BAKED ACORN SQUASH (SOFT) | COLLARD GREENS          |  |  |