Georgia Nutritional Services, Inc

	Monday 11/2/2026	Tuesday 11/3/2026	Wednesday 11/4/2026	Thursday 10/5/26	Friday 10/6/26
AM 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	MULTIGRAIN CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	DICED BANANA	MASHED PLUMS	MASHED HONEYMELON	SLICED BLUEBERRIES	DICED BANANA
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	MULTIGRAIN CEREAL	MIXED CEREAL	OATMEAL CEREAL	MIXED CEREAL	OATMEAL CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CARROTS	SWEET PEAS	MASHED FRENCH FRIES	MASHED CORN NIBLITS	PUREED BROCCOLI
DINNER					
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	WHOLE WHEAT CEREAL	RICE CEREAL	WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	STIR FRY VEGGIES	ZUCCHINI	CREAMED SPINACH	SWEET POTATO FRIES	CALIFORNIA BLEND VEGGIES

Georgia Nutritional Services, Inc

	Monday 11/9/26	Tuesday 11/10/26	Wednesday 11/11/26	Thursday 11/12/26	Friday 11/13/26
AM 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	MULTIGRAIN CEREAL	MIXED CEREAL	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	MASHED CANTALOUPE	SMACHED AVOCADO	TATER TOTS	ORANGES	CHICKPEA HUMMUS
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	NULTIGRAIN CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	GREEN BEANS (SOFT)	SWEET POTATOES	ACORN SQUASH	MASHED BAKED BEANS	HASHBROWNS
DINNER					
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	MIXED CEREAL	RICE CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	MASHED CORN	STEAMED BROCCOLI	ROASTED BRUSSEL SPROUTS PUREED	STEAMED ZUCCHINI (SOFT)	SWEET PEAS

Georgia Nutritional Services, Inc

	Monday 11/16/2026	Tuesday 11/17/2026	Wednesday 11/18/2026	Thursday 11/19/26	Friday 11/20/26
AM 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	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MULTIGRAIN CEREAL	MIXED CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CINNAMON APPLESAUCE	PEACHES	PEARS	DICED STRAWBERRIES	PLUMS MASHED
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	MULTIGRAIN CEREAL	OATMEAL CEREAL	MIXED CEREAL	OATMEAL CEREAL	MULTIGRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEAS & CARROTS	GARLIC BROCCOLI	STEAMED ASPARAGUS (SOFT)	MAPLE ROASTED SWEET POTATOES	BUTTERNUT SQUASH
DINNER					
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	MIXED CEREAL	RICE CEREAL	MIXED CEREAL	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	BAKED OKRA (SOFT)	SWEET POTATO FRENCH FRIES	SAUTEED ZUCCHINI	GREEN BEANS	PEAS

Georgia Nutritional Services, Inc

	Monday 11/23/2026	Tuesday 11/24/2026	Wednesday 11/25/2026	Thursday 10/26/2026	Friday 11/27/2026
AM 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	MULTIGRAIN CEREAL	MIXED CEREAL	MULTIGRAIN CEREAL	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	SPINACH	PUMPKIN APPLESAUCE	APRICOTS	FRUIT CUP (PUREED)	CRANBERRY 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	MULTIGRAIN CEREAL	MIXED CEREAL	OATMEAL CEREAL	MIXED CEREAL	OATMEAL CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	CAJUN GREEN BEANS	PEAS & CARROTS	CARROTS	MAPLE MASHED SWEET POTATO	SWEET POTATO FRIES
DINNER					
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	WHOLE WHEAT CEREAL	RICE CEREAL	WHOLE WHEAT CEREAL	MULTIGRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	ASPARAGUS MASHED	BAKED ACORN SQUASH	CABBAGE MASHED	BAKED ZUCCHINI PUREED	ROASTED TOMATO SOUP

Georgia Nutritional Services, Inc

	Monday 11/30/2026				
AM 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**				
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	**BANANA**				
LUNCH					
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	**OATMEAL CEREAL**				
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	**STEAMED CAULIFLOWER**				
DINNER					
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**				
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	**BROCCOLI**				