Georgia Nutritional Services, Inc

| | Monday 11/2/2026 | Tuesday 11/3/2026 | Wednesday 11/4/2026 | Thursday 10/5/26 | Friday 10/6/26 |
|---|---|---|---|---|---|
| **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 | MIXED CEREAL | RICE CEREAL | MULTIGRAIN CEREAL | RICE CEREAL | WHOLE WHEAT CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | BLUEBERRIES (MASHED | APPLESAUCE | MASHED RASPBERRIES | DICED PEARS | BAKED APPLES |
| **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 |
| **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 CEREAL | OATMEAL CEREAL | RICE CEREAL | OATMEAL CEREAL | WHOLE WHEAT CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | MASHED PEARS | DICED PEACHES | VEGETABLE SOUP | DICED PEACHES | MASHED STRAWBERRIES |
| **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 |
| **EVENING 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 | RICE CEREAL | WHOLE WHEAT CEREAL | RICE CEREAL | MIXED CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | PRUNES | MASHED KIWI | DICED PEACHES | BLACKBERRIES (MASHED) | DICED PLUMS |

Georgia Nutritional Services, Inc

| | Monday 11/9/26 | Tuesday 11/10/26 | Wednesday 11/11/26 | Thursday 11/12/26 | Friday 11/13/26 |
|---|---|---|---|---|---|
| **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 | OATMEAL CEREAL | WHOLE WHEAT CEDREAL | RICE CEREAL | RICE CEREAL | MIXED CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | SLICED PEARS | MASHED BLACKBERRIES | MASHED RASPBERRIES | DICED GRAPEFRUIT | 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 | 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 |
| **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 | MULTIGRAIN CEREAL | RICE CEREAL | WHOLE WHEAT CEREAL | MULTIGRAIN CEREAL | OATMEAL CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | PEARS | SLICED KIWI | MASHED BLUEBERRY | APPLESAUCE | PEACHES |
| **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 |
| **EVENING 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 CEREAL | OATMEAL CEREAL | MIXED CEREAL | RICE CEREAL | MIXED CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | APPLESAUCE | MANDARINS | PEACHES | MASHED CAULIFLOWER | MASHED STRAWBERRIES |

Georgia Nutritional Services, Inc

| | Monday 11/16/2026 | Tuesday 11/17/2026 | Wednesday 11/18/2026 | Thursday 11/19/26 | Friday 11/20/26 |
|---|---|---|---|---|---|
| **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 | MIXED CEREAL | RICE CEREAL | MULTIGRAIN CEREAL | WHOLE WHEAT CEREAL | RICE CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | MASHED CANTALOUPE | HASHBROWNS | DICED KIWI | PUMPKIN APPLESAUCE | ORANGES |
| **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 |
| **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 | WHOLE WHEAT CEREAL | RICE CEREAL | OATMEAL CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | BLUEBERRY APPLE | BUTTERNUT SQUASH SOUP | RASPBERRIES (MASHED) | DICED PAPAYA | PEARS |
| **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 |
| **EVENING 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 | OATMEAL CEREAL | MULTIGRAIN CEREAL | MIXED CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | PEACHES | RASPBERRIES (SOFT) | BLACKBERRIES | AVOCADO | SPLIT PEA SOUP |

Georgia Nutritional Services, Inc

| | Monday 11/23/2026 | Tuesday 11/24/2026 | Wednesday 11/25/2026 | Thursday 10/26/2026 | Friday 11/27/2026 |
|---|---|---|---|---|---|
| **BREAKFAST** | | | | HAPPY THANKSGIVING | |
| 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 | RICE CEREAL | MULTIGRAIN CEREAL | RICE CEREAL | WHOLE WHEAT CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | BLACKBERRIES (PUREED) | PLUMS (MASHED) | FRUIT COCKTAIL | SLICED BANANAS | CHEESEY HASHBROWNS |
| **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 |
| **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 CEREAL | OATMEAL CEREAL | RICE CEREAL | OATMEAL CEREAL | WHOLE WHEAT CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | MASHED PEARS | DICED PEACHES | PRUNES | PLUMS (PUREED) | APPLESAUCE |
| **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 |
| **EVENING 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 | RICE CEREAL | WHOLE WHEAT CEREAL | RICE CEREAL | MIXED CEREAL |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | CINNAMON PEACHES | PEARS | CHICKEN NOODLE SOUP | PUMPKIN APPLESAUCE | DICED PLUMS |

Georgia Nutritional Services, Inc

| | Monday 11/30/2026 | | | | |
|---|---|---|---|---|---|
| **BREAKFAST** | | | | | |
| 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 | WHOLE WHEAT CEREAL | | | | |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | MASHED PINEAPPLES | | | | |
| **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 | | | | |
| **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 | MULTIGRAIN CEREAL | | | | |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | APPLESAUCE | | | | |
| **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 | | | | |
| **EVENING 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 | RICE CEREAL | | | | |
| 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both | PAPAYA | | | | |