Georgia Nutritional Services, Inc

	DATE: 8/3/2020	DATE: 08/4/2020	DATE: 8/5/20	DATE: 8/6/20	DATE: 8/7/20
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	RICE CEREAL	WHOLE WHEAT CEREAL	MULTI GRAIN CEREAL	OATMEAL CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEARS	CHERRIES	BANANA	APPLESAUCE	PEACHES
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	HIGH PROTEIN CEREAL	MIXED CEREAL	OATMEAL CEREAL	MULTI GRAIN CEREAL OR CHICKEN	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	BLACK BEANS	KALE	SQUASH	GREEN BEANS	SWEET POTATOES
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	ENRICHED ROLL	WHOLE WHEAT CRACKERS	ENRICHED ANIMAL CRACKERS	WHOLE GRAIN CHEESE CRACKERS	ENRICHED BREAD STICKS
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PLUMS	ORANGES	APPLES	WATERMELON	MANGO
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	RICE CEREAL	MIXED CEREAL	BARLEY CEREAL OR CHICKEN	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	GREEN BEANS	CORN	CARROTS	PEAS	SQUASH

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	DATE: 8/10/20 MONDAY	DATE: 8/11/20 TUESDAY	DATE: 8/12/20 WEDNESDAY	DATE: 8/13/20 THURSDAY	DATE: 8/14/20 FRIDAY
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	WHOLE WHEAT CEREAL	RICE CEREAL	MULTI GRAIN CEREAL	OATMEAL CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PRUNES	PEARS	BANANA	APPLESAUCE	PEACHES
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	OATMEAL CEREAL OR BEEF	MULTI GRAIN CEREAL	OATMEAL CEREAL OR TURKEY	RICE CEREAL	MULTI GRAIN CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	SQUASH	CORN	MIX VEGGIES	SPINACH	PEARS
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	MULTI GRAIN CHEERIOS	ENRICHED ANIMAL CRACKERS	WHOLE WHEAT TOAST	ENRICHED GRAHAM CRACKERS	WHOLE WHEAT CHEESE CRACKERS
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	APPLES & BLUEBERRIES	MIXED FRUIT	PEACHES	PEARS	PLUMS
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 OR BEEF	BARLEY CEREAL	RICE CEREAL OR TURKEY	WHOLE WHEAT CEREAL	OATMEAL CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	SQUASH	CORN	MIX VEGGIES	SPINACH	PEARS

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	DATE: 8/17/20 MONDAY	DATE: 8/18/20 TUESDAY	DATE: 8/19/20 WEDNESDAY	DATE: 8/20/20 THURSDAY	DATE: 8/21/20 FRIDAY
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	BARLEY CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL	MULTI GRAIN CEREAL	OATMEAL CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEARS	PRUNES	APPLESAUCE	PEARS / PINEAPPLES	APPRICOTS
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	MUTLI GRAIN CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL OR BEEF (STRN)	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	GARDEN VEGETABLES	BANANA	SWEET POTATOES	CARROTS	GREEN BEANS
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	WHOLE WHEAT PITA BREAD	MULTI GRAIN CHEERIOS	ENRICHED ANIMAL CRACKERS	WHOLE WHEAT CRACKERS	ENRICHED GRAHAM CRACKERS
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	STRAWBERRY BANANA	MIXED FRUIT	PEACHES	PLUMS	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	OATMEAL CEREAL	RICE CEREAL	BARLEY CEREAL	OATMEAL CEREAL OR CHICKEN (STRN)	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	SWEET POTATOES	GREEN BEANS	SQUASH	GARDEN PEAS	CORN

Georgia Nutritional Services, Inc

	DATE: 8/24/20 MONDAY	DATE: 8/25/20 TUESDAY	DATE: 8/26/20 WEDNESDAY	DATE: 8/27/20 THURSDAY	DATE: 8/28/20 FRIDAY
BREAKFAST					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	WHOLE WHEAT CEREAL	RICE CEREAL	MULTI GRAIN CEREAL	OATMEAL CEREAL	BARLEY CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	APPLESAUCE	APRICOTS	BANANAS	PEACHES	PLUMS
LUNCH					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK	FORMULA -- BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces or 1/2 cup yogurt; or a combination of the above; and	RICE CEREAL	OATMEAL CEREAL OR BEEF	BARLEY CEREAL	RICE CEREAL	MULTI GRAIN CEREAL OR LAMB
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	SWEET POTATOES	GREEN BEANS	SPINACH	CORN	CARROTS
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 TOAST	ENRICHED CHEERIOS	WHOLE WHEAT CHEESE CRACKERS	WHOLE WHEAT BREAD STICKS	ENRICHED GRAHAM CRACKERS
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	MIXED FRUIT	PEACHES	PEAR / PINEAPPLES	APPLESAUCE	STRAWBERRY BANANA
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	BARLEY CEREAL	MULTI GRAIN CEREAL OR BEEF	OATMEAL CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL OR LAMB
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	SQUASH	CORN	CARROTS	SWEET PEAS	GREEN BEANS

Georgia Nutritional Services, Inc

	DATE: 8/31/20	DATE:	DATE:	DATE:	DATE:
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	PRUNES				
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	GARDEN PEAS				
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	WHOLE WHEAT ROLL				
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	PEACHES				
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	CORN				