



	DATE: 11/2/2020	DATE: 11/3/2020	DATE: 11/4/2020	DATE: 11/5/2020	DATE: 11/6/2020
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
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	APRICOTS
<b>LUNCH</b>					
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 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
<b>PM SNACK</b>					
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
<b>DINNER</b>					
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

	DATE: 11/9/2020	DATE: 11/10/2020	DATE: 11/11/2020	DATE: 11/12/2020	DATE: 11/13/2020
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
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	APRICOTS	PEARS	BANANA	APPLESAUCE	PEACHES
<b>LUNCH</b>					
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	OATMEAL CEREAL	MULTI GRAIN CEREAL OR CHICKEN	RICE CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	SPINACH	PEAS	SQUASH	GREEN BEANS	CORN
<b>PM SNACK</b>					
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 ROLL	WHOLE WHEAT RITZ 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	PEACHES	BANANA	PLUMS	APRICOTS	BANANAS
<b>DINNER</b>					
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	BARLEY CEREAL	RICE CEREAL	BARLEY CEREAL OR CHICKEN	WHOLE WHEAT CEREAL
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both	GARDEN PEAS	MASH POTATOES	CARROTS	PEAS	SQUASH

	DATE: 11/16/2020	DATE: 11/17/2020	DATE: 11/18/2020	DATE: 11/19/2020	DATE: 11/20/2020
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
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
<b>LUNCH</b>					
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
<b>PM SNACK</b>					
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
<b>DINNER</b>					
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

	DATE: 11/23/2020	DATE: 11/24/2020	DATE: 11/25/2020	DATE: 11/26/2020	DATE: 11/27/2020
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
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
<b>LUNCH</b>					
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
<b>PM SNACK</b>					
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
<b>DINNER</b>					
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

DATE: 11/30/2020

DATE:

DATE:

DATE:

DATE:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
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				
<b>LUNCH</b>					
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				
<b>PM SNACK</b>					
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				
<b>DINNER</b>					
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				