

DATE

B R E A K F A S T	IRON FORTIFIED INFANT CEREAL 8-11 MONTHS	RICE	OATMEAL	RICE	OATMEAL	RICE
	FRUIT OR VEGETABLE 8-11 MONTHS	APPLESAUCE	BANANA	PEACHES	PEARS	PLUMS
	IRON FORTIFIED INFANT CEREAL 4-7 MONTHS	OATMEAL	MIXED	OATMEAL	MIXED	OATMEAL
	BREAST MILK OR FORMULA	FORMULA	FORMULA	FORMULA	FORMULA	FORMULA

A M S N A C K	BREAD OR ALTERNATE 8-11 MONTHS	GRAHAM CRACKERS	RITZ CRACKERS	TOAST	CHEESE CRACKERS	MELBA TOAST
	JUICE 8-11 MONTHS	100% UNDILUTED FRUIT JUICE			100% UNDILUTED FRUIT JUICE	
	BREAST MILK OR FORMULA	FORMULA	FORMULA	FORMULA	FORMULA	FORMULA

L U N C H	MEAT/ALTERNATE OR INFANT CEREAL 8 - 11 MONTHS	TURKEY	MIXED	BEEF	CHICKEN	INFANT HAM
	FRUIT OR VEGETABLE 8-11 MONTHS	GREEN BEANS CARROTS	SPINACH PEARS	CORN SWEET POTATOES	SQUASH PEACHES	CARROTS PEACHES
	IRON FORTIFIED INFANT CEREAL 4-7 MONTHS	RICE	MIXED	MIXED	RICE	OATMEAL
	FRUIT OR VEGETABLE 4 - 7 MONTHS	GREEN BEANS CARROTS	SPINACH PEARS	CORN SWEET POTATOES	SQUASH PEACHES	GREEN BEANS
	BREAST MILK OR FORMULA	FORMULA	FORMULA	FORMULA	FORMULA	FORMULA

P M S N A C K	BREAD OR ALTERNATE 8-11 MONTHS	GRAHAM CRACKERS	RITZ CRACKERS	TOAST	CHEESE CRACKERS	MELBA TOAST
	JUICE 8-11 MONTHS	100% UNDILUTED FRUIT JUICE			100% UNDILUTED FRUIT JUICE	
	BREAST MILK OR FORMULA	FORMULA	FORMULA	FORMULA	FORMULA	FORMULA

D I N N E R	MEAT/ALTERNATE OR INFANT CEREAL 8 - 11 MONTHS	TURKEY	MIXED	BEEF	CHICKEN	INFANT HAM
	FRUIT OR VEGETABLE 8-11 MONTHS	GREEN BEANS CARROTS	SPINACH PEARS	CORN SWEET POTATOES	SQUASH PEACHES	CARROTS PEACHES
	IRON FORTIFIED INFANT CEREAL 4-7 MONTHS	RICE	MIXED	MIXED	RICE	OATMEAL
	FRUIT OR VEGETABLE 4 - 7 MONTHS	GREEN BEANS CARROTS	SPINACH PEARS	CORN SWEET POTATOES	SQUASH PEACHES	GREEN BEANS
	BREAST MILK OR FORMULA	FORMULA	FORMULA	FORMULA	FORMULA	FORMULA

P M S N A C K	BREAD OR ALTERNATE 8-11 MONTHS	GRAHAM CRACKERS	RITZ CRACKERS	TOAST	CHEESE CRACKERS	MELBA TOAST
	JUICE 8-11 MONTHS	100% UNDILUTED FRUIT JUICE			100% UNDILUTED FRUIT JUICE	
	BREAST MILK OR FORMULA	FORMULA	FORMULA	FORMULA	FORMULA	FORMULA