



read
play
learn
run
dream

FEBRUARY

Sunshine 0-12 Months Breakfast Menu 2020



My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.

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WG - Whole Grain

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEACHES 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>4</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ BANANA 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>5</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ APPLESAUCE 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>6</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEARS 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>7</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEACHES 0-2 TSP RICE CEREAL 0-4 TBSP</p>
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<p>17</p> <p>Presidents' Day</p> 	<p>18</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ BANANA 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>19</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ APPLESAUCE 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>20</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEARS 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>21</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEACHES 0-2 TSP RICE CEREAL 0-4 TBSP</p>
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February

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