



read
play
learn
run
dream

January



Truman 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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Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2	3
6 <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	7 <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	8 <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	9 <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	10 <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
13 <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	14 <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	15 <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	16 <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	17 <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
20 Martin Luther King Day 	21 <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	22 <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	23 <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	24 <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
27 <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	28 <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	29 <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	30 <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	31 <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

JANUARY



Truman 0-12 Months Lunch Menu 2020

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		1 	2	3
6 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP COOKED CARROTS/PEARS 0-2 TBSP OR WHEN READY: PINTO BEANS 0-4 TBSP COOKED CARROTS/PEARS 0-2 OZ	7 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SQUASH/PEACHES 0-2 TBSP OR WHEN READY: COTTAGE CHEESE 0-4 TBSP STEAMED BROCCOLI/PEACHES 0-2 OZ	8 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SWEET POTATOES/BANANAS 0-2 TBSP OR WHEN READY: DICED CHICKEN 0-4 TBSP SWEET POTATOES/BANANA 0-2 OZ	9 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP COOKED PEAS/PEACHES 0-2 TBSP OR WHEN READY: CHEDDAR CHEESE 2 OZ COOKED PEAS/PEACHES 0-2 OZ	10 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP GREEN BEANS/APPLESAUCE 0-2 TBSP OR WHEN READY: BEEF PATTY 4 TBSP GREEN BEANS/APPLESAUCE 0-2 OZ
13 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP COOKED CARROTS/PEARS 0-2 TBSP OR WHEN READY: PINTO BEANS 0-4 TBSP COOKED CARROTS/PEARS 0-2 OZ	14 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SQUASH/PEACHES 0-2 TBSP OR WHEN READY: COTTAGE CHEESE 0-4 TBSP STEAMED BROCCOLI/PEACHES 0-2 OZ	15 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SWEET POTATOES/BANANAS 0-2 TBSP OR WHEN READY: DICED CHICKEN 0-4 TBSP SWEET POTATOES/BANANA 0-2 OZ	16 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP COOKED PEAS/PEACHES 0-2 TBSP OR WHEN READY: CHEDDAR CHEESE 2 OZ COOKED PEAS/PEACHES 0-2 OZ	17 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP GREEN BEANS/APPLESAUCE 0-2 TBSP OR WHEN READY: BEEF PATTY 4 TBSP GREEN BEANS/APPLESAUCE 0-2 OZ
20 	21 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SQUASH/PEACHES 0-2 TBSP OR WHEN READY: COTTAGE CHEESE 0-4 TBSP STEAMED BROCCOLI/PEACHES 0-2 OZ	22 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SWEET POTATOES/BANANAS 0-2 TBSP OR WHEN READY: DICED CHICKEN 0-4 TBSP SWEET POTATOES/BANANA 0-2 OZ	23 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP COOKED PEAS/PEACHES 0-2 TBSP OR WHEN READY: CHEDDAR CHEESE 2 OZ COOKED PEAS/PEACHES 0-2 OZ	24 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP GREEN BEANS/APPLESAUCE 0-2 TBSP OR WHEN READY: BEEF PATTY 4 TBSP GREEN BEANS/APPLESAUCE 0-2 OZ
27 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP COOKED CARROTS/PEARS 0-2 TBSP OR WHEN READY: PINTO BEANS 0-4 TBSP COOKED CARROTS/PEARS 0-2 OZ	28 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SQUASH/PEACHES 0-2 TBSP OR WHEN READY: COTTAGE CHEESE 0-4 TBSP STEAMED BROCCOLI/PEACHES 0-2 OZ	29 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SWEET POTATOES/BANANAS 0-2 TBSP OR WHEN READY: DICED CHICKEN 0-4 TBSP SWEET POTATOES/BANANA 0-2 OZ	30 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP COOKED PEAS/PEACHES 0-2 TBSP OR WHEN READY: CHEDDAR CHEESE 2 OZ COOKED PEAS/PEACHES 0-2 OZ	31 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP GREEN BEANS/APPLESAUCE 0-2 TBSP OR WHEN READY: BEEF PATTY 4 TBSP GREEN BEANS/APPLESAUCE 0-2 OZ



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JANUARY

Truman 0-12 Months Snack Menu 2020

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6 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP BANANA 0-2 OZ OR WHEN READY: BANANA 0-2 OZ WG TOAST	7 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP PEARS 0-2 OZ OR WHEN READY: PEARS 0-2 OZ WG SALTINE CRACKERS	8 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP PEACHES 0-2 OZ OR WHEN READY: PEACHES 0-2 OZ WG CHEERIOS	9 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP APPLESAUCE 0-2 OZ OR WHEN READY: APPLESAUCE 0-2 OZ WG TOAST	10 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP PEARS 0-2 OZ OR WHEN READY: PEARS 0-2 OZ WG SALTINE CRACKERS
13 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP BANANA 0-2 OZ OR WHEN READY: BANANA 0-2 OZ WG TOAST	14 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP PEARS 0-2 OZ OR WHEN READY: PEARS 0-2 OZ WG SALTINE CRACKERS	15 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP PEACHES 0-2 OZ OR WHEN READY: PEACHES 0-2 OZ WG CHEERIOS	16 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP APPLESAUCE 0-2 OZ OR WHEN READY: APPLESAUCE 0-2 OZ WG TOAST	17 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP PEARS 0-2 OZ OR WHEN READY: PEARS 0-2 OZ WG SALTINE CRACKERS
20  Martin Luther King, Jr.	21 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP PEARS 0-2 OZ OR WHEN READY: PEARS 0-2 OZ WG SALTINE CRACKERS	22 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP PEACHES 0-2 OZ OR WHEN READY: PEACHES 0-2 OZ WG CHEERIOS	23 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP APPLESAUCE 0-2 OZ OR WHEN READY: APPLESAUCE 0-2 OZ WG TOAST	24 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP PEARS 0-2 OZ OR WHEN READY: PEARS 0-2 OZ WG SALTINE CRACKERS
27 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP BANANA 0-2 OZ OR WHEN READY: BANANA 0-2 OZ WG TOAST	28 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP PEARS 0-2 OZ OR WHEN READY: PEARS 0-2 OZ WG SALTINE CRACKERS	29 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP PEACHES 0-2 OZ OR WHEN READY: PEACHES 0-2 OZ WG CHEERIOS	30 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP APPLESAUCE 0-2 OZ OR WHEN READY: APPLESAUCE 0-2 OZ WG TOAST	31 0-5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP PEARS 0-2 OZ OR WHEN READY: PEARS 0-2 OZ WG SALTINE CRACKERS

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WG - Whole Grain



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