

Jul-26

Breakfast 6-11 months

Note: Substitutions may be used as necessary; cereal must be used to replace the meat component for infants that cannot eat baby food

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Similac Advance Opt Oatmeal Cereal Pears	Similac Advance Opt Rice Cereal Prunes	Similac Advance Opt Oatmeal Cereal Apples	Optigrow
5	6	7	8	9	10	11
	Similac Advance Opt Rice Cereal Bananas	Similac Advance Opt Oatmeal Cereal Peaches	Similac Advance Opt Rice Cereal Pears	Similac Advance Opt Oatmeal Cereal Prunes	Similac Advance Opt Rice Cereal Apples	Optigrow
12	13	14	15	16	17	18
	Similac Advance Opt Oatmeal Cereal Bananas	Similac Advance Opt Rice Cereal Peaches	Similac Advance Opt Oatmeal Cereal Pears	Similac Advance Opt Rice Cereal Prunes	Similac Advance Opt Oatmeal Cereal Apples	Optigrow
19	20	21	22	23	24	25
	Similac Advance Opt Rice Cereal Bananas	Similac Advance Opt Oatmeal Cereal Peaches	Similac Advance Opt Rice Cereal Pears	Similac Advance Opt Oatmeal Cereal Prunes	Similac Advance Opt Rice Cereal Apples	Optigrow
26	27	28	29	30	31	
	Similac Advance Opt Oatmeal Cereal Bananas	Similac Advance Opt Rice Cereal Peaches	Similac Advance Opt Oatmeal Cereal Peaches	Similac Advance Opt Rice Cereal Pears	Similac Advance Opt Oatmeal Cereal Prunes	Optigrow

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Lunch 6-11 Months

Note: Substitutions may be used as necessary; cereal must be used to replace the meat component for infants that cannot eat baby food

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Similac Advance Opt Turkey w/ gravy Carrots	Similac Advance Opt Beef w/ gravy Peas	Similac Advance Optigrow Chicken w/gravy Squash	
5	6	7	8	9	10	11
	Similac Advance Opt Beef w/ gravy Sweet Potatoes	Similac Advance Opt Turkey w/ gravy Green Beans	Similac Advance Opt Beef w/ gravy Carrots	Similac Advance Opt Chicken w/gravy Peas	Similac Advance Optigrow Turkey w/ gravy Squash	
12	13	14	15	16	17	18
	Similac Advance Opt Turkey w/ gravy Sweet Potatoes	Similac Advance Opt Beef w/ gravy Green Beans	Similac Advance Opt Chicken w/gravy Carrots	Similac Advance Opt Beef w/ gravy Peas	Similac Advance Optigrow Turkey w/ gravy Squash	
19	20	21	22	23	24	25
	Similac Advance Opt Turkey w/ gravy Sweet Potatoes	Similac Advance Opt Chicken w/gravy Green Beans	Similac Advance Opt Beef w/ gravy Carrots	Similac Advance Opt Turkey w/ gravy Peas	Similac Advance Optigrow Chicken w/ gravy Squash	
26	27	28	29	30	31	
	Similac Advance Opt Chicken w/gravy Sweet Potatoes	Similac Advance Opt Beef w/ gravy Green Beans	Similac Advance Opt Turkey w/ gravy Peas	Similac Advance Opt Chicken w/ gravy Squash	Similac Advance Optigrow Beef w/ gravy Sweet Potatoes	

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Snack 6-11 months

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Similac Advance Opt Biter Biscuits Rice Cereal Bananas	Similac Advance Opt Honey Nut Cheerios Oatmeal Cereal Peaches	Similac Advance Optigrow Arrowroot Biscuits Rice Cereal Pears	
5	6	7	8	9	10	11
	Similac Advance Opt Saltine Crackers Oatmeal Cereal Apples	Similac Advance Opt Honey Nut Cheerios Rice Cereal Prunes	Similac Advance Opt Biter Biscuits Oatmeal Cereal Bananas	Similac Advance Opt Goldfish Crackers Rice Cereal Peaches	Similac Advance Optigrow Frosted Mini Wheats Oatmeal Pears	
12	13	14	15	16	17	18
	Similac Advance Opt Goldfish Crackers Rice Cereal Apples	Similac Advance Opt Honey Nut Cheerios Oatmeal Cereal Prunes	Similac Advance Opt Biter Biscuits Rice Cereal Bananas	Similac Advance Opt Ritz Crackers Oatmeal Cereal Peaches	Similac Advance Optigrow Arrowroot Biscuits Rice Cereal Pears	
19	20	21	22	23	24	25
	Similac Advance Opt Teething Wafers Oatmeal Cereal Apples	Similac Advance Opt Saltine Crackers Rice Cereal Prunes	Similac Advance Opt Biter Biscuits Oatmeal Cereal Bananas	Similac Advance Opt Goldfish Crackers Rice Cereal Peaches	Similac Advance Optigrow Honey Nut Cheerios Oatmeal Cereal Pears	
26	27	28	29	30	31	
	Similac Advance Opt Frosted Mini Wheats Rice Cereal Apples	Similac Advance Opt Goldfish Crackers Oatmeal Cereal Prunes	Similac Advance Opt Biter Biscuits Oatmeal Cereal Bananas	Similac Advance Opt Arrowroot Crackers Rice Cereal Peaches	Similac Advance Optigrow Saltine Crackers Oatmeal Cereal Pears	

Jul-26

Dinner 6-11 months

Note: Substitutions may be used as necessary; cereal must be used to replace the meat component for infants that cannot eat baby food

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Similac Advance Opt Beef w/ gravy Squash	Similac Advance Opt Chicken w/gravy Sweet Potatoes	Similac Advance Optigrow Beef w/ gravy Green Beans	
5	6	7	8	9	10	11
	Similac Advance Opt Turkey w/gravy Carrots	Similac Advance Opt Beef w/ gravy Peas	Similac Advance Opt Chicken w/gravy Squash	Similac Advance Opt Beef w/ gravy Sweet Potatoes	Similac Advance Optigrow Turkey w/gravy Green Beans	
12	13	14	15	16	17	18
	Similac Advance Opt Beef w/ gravy Carrots	Similac Advance Opt Chicken w/gravy Peas	Similac Advance Opt Beef w/ gravy Squash	Similac Advance Opt Turkey w/gravy Sweet Potatoes	Similac Advance Optigrow Chicken w/ gravy Green Beans	
19	20	21	22	23	24	25
	Similac Advance Opt Chicken w/gravy Carrots	Similac Advance Opt Beef w/ gravy Peas	Similac Advance Opt Turkey w/gravy Squash	Similac Advance Opt Beef w/ gravy Sweet Potatoes	Similac Advance Optigrow Chicken w/gravy Green Beans	
26	27	28	29	30	31	
	Similac Advance Opt Beef w/ gravy Carrots	Similac Advance Opt Turkey w/gravy Peas	Similac Advance Opt Beef w/ gravy Sweet Potatoes	Similac Advance Opt Chicken w/gravy Green Beans	Similac Advance Optigrow Chicken w/gravy Carrots	