

Dear Parents,

The following chart outlines the food menu we will provide to your child based on Dept. of Education guidelines. We will not introduce any new food items without your written permission. Changes in this food meal pattern will require a note from your physician.

| 4 Months - 7 Months | |
|---------------------|---|
| Breakfast | up to 3 Tbsp cereal |
| Lunch | up to 3 Tbsp cereal up to 3 Tbsp Fruit/Veg |

| 8 Months up to First Birthday | |
|-------------------------------|--|
| Breakfast | 2-4 Tbsp Cereal 1-4 Tbsp Fruit |
| Lunch | 2-4 Tbsp Cereal 1-4 Tbsp Meat 1-4 Tbsp Veg |
| Snack | Bread/Crackers |