

SEPTEMBER 2021

West Las Vegas Early Head Start

Monday

Tuesday

Wednesday

Thursday

Friday

1
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant Rice Cereal (0-4 Tbsp)
Scrambled eggs (0-4 oz)
Puree peaches (0-2 tbs)

2
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant Rice Cereal (0-4 Tbsp)
Scrambled eggs (0-4 oz)
Puree peaches (0-2 tbs)

3
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant Rice Cereal (0-4 Tbsp)
Scrambled eggs (0-4 oz)
Puree peaches (0-2 tbs)



6
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant oatmeal Cereal (0-4 Tbsp)
Cottage Cheese (0-4 oz)
Apple Sauce/Apple slices (0-2 tbsp)

7
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant oatmeal Cereal (0-4 Tbsp)
Cottage Cheese (0-4 oz)
Apple Sauce/Apple slices (0-2 tbsp)

8
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant oatmeal Cereal (0-4 Tbsp)
Cottage Cheese (0-4 oz)
Apple Sauce/Apple slices (0-2 tbsp)

9
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant oatmeal Cereal (0-4 Tbsp)
Cottage Cheese (0-4 oz)
Apple Sauce/Apple slices (0-2 tbsp)

10
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant Rice Cereal (0-4 Tbsp)
Yogurt (0-8 oz)
Puree Banana/Banana slices (0-2 tbs)

11
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant Rice Cereal (0-4 Tbsp)
Yogurt (0-8 oz)
Puree Banana/Banana slices (0-2 tbs)

12
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant Rice Cereal (0-4 Tbsp)
Yogurt (0-8 oz)
Puree Banana/Banana slices (0-2 tbs)

13
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant Rice Cereal (0-4 Tbsp)
Yogurt (0-8 oz)
Puree Banana/Banana slices (0-2 tbs)

14
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant Rice Cereal (0-4 Tbsp)
Yogurt (0-8 oz)
Puree Banana/Banana slices (0-2 tbs)

15
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant oatmeal Cereal (0-4 Tbsp)
Hardboiled egg(1 ea)
Puree Pears (0-2 tbs)

16
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant oatmeal Cereal (0-4 Tbsp)
Hardboiled egg(1 ea)
Puree Pears (0-2 tbs)

17
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant oatmeal Cereal (0-4 Tbsp)
Hardboiled egg(1 ea)
Puree Pears (0-2 tbs)

18
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant oatmeal Cereal (0-4 Tbsp)
Hardboiled egg(1 ea)
Puree Pears (0-2 tbs)

19
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant oatmeal Cereal (0-4 Tbsp)
Hardboiled egg(1 ea)
Puree Pears (0-2 tbs)

20
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant Rice Cereal (0-4 Tbsp)
Scrambled eggs (0-4 oz)
Puree peaches (0-2 tbs)

21
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant Rice Cereal (0-4 Tbsp)
Scrambled eggs (0-4 oz)
Puree peaches (0-2 tbs)

22
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant Rice Cereal (0-4 Tbsp)
Scrambled eggs (0-4 oz)
Puree peaches (0-2 tbs)

23
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant Rice Cereal (0-4 Tbsp)
Scrambled eggs (0-4 oz)
Puree peaches (0-2 tbs)

24
Breast Milk (4-6 oz) 0-5 months
(6-8 oz) 6-11 months
Formula (4-6 oz) 0-5 months
(6-8 oz) 6-11 Months
Infant Rice Cereal (0-4 Tbsp)
Scrambled eggs (0-4 oz)
Puree peaches (0-2 tbs)

