



Baby Menu

Starches

Baby Rice cereal
Cream of wheat
Mashed potatoes

Fruits

Applesauce
Banana (mashed or cut up finely)
Pureed peaches
Pureed pears

Protein

Scrambled eggs
Pinto beans (mashed)
Pureed or chopped meats
Plain Yogurt
Vanilla Yogurt
Strawberry Yogurt
Cottage cheese

Organic Baby Food jars

Apples, banana, pears, peas, carrots, sweet potatoes, Turkey & Squash

Condiments

Butter
Gravy

