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