



## 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

