

First serve... **...followed by**

Breakfast

Breastmilk or Formula
4 fl oz

Gerber® Baby Grits
Yellow Corn
Cereal

4 Tbsp

1 large
scrambled egg,
finely chopped

Mid-morning snack

Breastmilk or Formula
4 fl oz

Gerber®
2nd Foods®
Green Bean

1/2 tub

Gerber®
Fruit & Veggie
Melts® Truly
Tropical Blend

1/4 cup

Lunch

Breastmilk or Formula
4 fl oz

Hummus

1/4 cup

Gerber®
Lil' Crunchies®
Mild Cheddar

16 pieces

Afternoon snack

Breastmilk or Formula
4 fl oz

Gerber® 2nd Foods®
Butternut Squash

1/2 tub

Dinner

Breastmilk or Formula
4 fl oz

Gerber® Organic
2nd Foods® Apple
Wild Blueberry

1 jar

French Toast
Whole Wheat Strips*

Evening feeding

Breastmilk or Formula
4 fl oz

*Recipe link: www.gerber.com/parenttalk/banana-french-toast-sticks

Please note: The quantities provided are approximates and parents/caregivers should responsibly feed by paying attention to baby's hunger and fullness cues. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland or used with permission. © 2026 Nestlé.