

SHASTA HEAD START		8-11 Month Menu			2016-2017	menus subject to change
Meal Pattern Week 1	7/4, 8/15, 9/26, 11/7, 12/19, 1/30, 3/13, 4/24, 6/5	7/5, 8/16, 9/27, 11/8, 12/20, 1/31, 3/14, 4/25, 6/6	7/6, 8/17, 9/28, 11/9, 12/21, 2/1, 3/15, 4/26, 6/7	7/7, 8/18, 9/29, 11/10, 12/22, 2/2, 3/16, 4/27, 6/8	7/8, 8/19, 9/30, 11/11, 12/23, 2/3, 3/17, 4/28, 6/9	
Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	
Vegetable and/or Fruit	1-4Tbsp. Apricots (A)	1-4Tbsp. Peaches	1-4Tbsp. Applesauce (C-enriched)	1-4Tbsp. Berries (C)	1-4Tbsp. Mixed Fruit	
Iron-fortified Infant cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	
Breast Milk or Iron-fortified Infant Formula	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	
Lunch						
Meat/Meat Alternative and/or Iron-fortified Infant Cereal	1-4Tbsp. Cod and/or 2-4Tbsp. Infant Cereal	1-4Tbsp. Beef and/or 4Tbsp. Infant Cereal	1-4Tbsp. Cheese and/or 2-4Tbsp. Infant Cereal	1-4Tbsp. Split Peas 2-4Tbsp. Infant Cereal	1-4Tbsp. Turkey and/or 2-4Tbsp. Infant Cereal	
Vegetable and/or Fruit	1-4Tbsp Peas (A)	1-4Tbsp. Mango (A&C)	1-4Tbsp. Mixed Vegetables (A&C)	1-4Tbsp. Carrots (A)	1-4Tbsp Broccoli (C)	
Breast Milk or Iron-fortified Infant Formula	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	
P.M. Snack						
Cereal or Bread	0-2 LS* Whole Wheat Bread	0-1/2 Svg. LS Whole Wheat Crackers	0-1/4 c or 1/3 oz. Dry Cheerios	0-1/2 Svg. Whole Wheat Bread	0-1/2 Svg. LS Whole Wheat Crackers	
Breast Milk, Iron-fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	
Meal Pattern Wk 2	7/11, 8/22, 10/3, 11/14, 12/26, 2/6, 3/20, 5/1, 6/12	7/12, 8/23, 10/4, 11/15, 12/27, 2/7, 3/21, 5/2, 6/13	7/13, 8/24, 10/5, 11/16, 12/28, 2/8, 3/22, 5/3, 6/14	7/14, 8/25, 10/6, 11/17, 12/29, 2/9, 3/23, 5/4, 6/15	7/15, 8/26, 10/7, 11/18, 12/30, 2/10, 3/24, 5/5, 6/16	
Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	
Vegetable and/or Fruit	1-4Tbsp. Peaches	1-4Tbsp. Apricots (A)	1-4Tbsp. Banana	1-4Tbsp. Pears	1-4Tbsp. Mixed (C) Fruit	
Iron-fortified Infant cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	
2-4 fl.oz Breast Milk, Iron-Fortified Formula	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	
Lunch						
Meat/Meat Alternative and/or Iron-fortified Infant Cereal	1-4Tbsp. Chicken and/or 2-4Tbsp. Infant Cereal	1-4Tbsp. Cod and/or 2-4Tbsp. Infant Cereal	1-4Tbsp. Chicken and/or 2-4Tbsp. Infant Cereal	1-4Tbsp. Beans and/or 2-4Tbsp. Infant Cereal	1-4Tbsp. Beef and/or 2-4Tbsp. Infant Cereal	
Vegetable and/or Fruit	1-4Tbsp Carrots (A)	1-4Tbsp. Red Bell Peppers	1-4Tbsp. Mango (A&C)	1-4Tbsp. Cooked Spinach (A)	1-4Tbsp. Sweet Potato (C)	
Breast Milk or Iron-fortified Infant Formula	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	
P.M. Snack						
Cereal or Bread	0-1/2 Svg. LS Whole Wheat Crackers	0-1/4 c or 1/3 oz. Dry Cheerios	0-1/2 Slice Whole Wheat Bread	0-1/4 c or 1/3 oz. Dry Cheerios	0-1/2 Svg. LS Whole Wheat Crackers	
2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	

NOTES: * *Check to be sure that the infant tolerates the individual fruits or vegetables prior to serving mixed fruits or vegetables. LS means low sodium or unsalted. Type of Fruit/Vegetable or Meat/Meat Alternate:* Modify texture of fruit/vegetable or meat/meat alternate to meet the individual infant's needs/abilities (e.g., soft, pureed, lumpy, etc.) [HSPS 1304.23(b)(1)(iv)]. **Type of Cereal or Bread:** Crackers must be low sodium or unsalted. **Type of Fruit or Vegetable:** *Wait to offer citrus or pineapple until after the infant reaches 1 year of age.* Parenthesis C & A: These foods contain vitamins C or A, or both sources. **Type of Meat/Meat Substitute:** Do not offer egg white or honey until the infant is 1 year old. **First column of menu:** Meal Pattern required by CACFP, minimum amounts are posted in classrooms; all cooks have this information in kitchen. **Feed on Demand:** "Infants and young toddlers who need must be fed on demand to the extent possible or at appropriate intervals". [HSPS 1304.23(b)(1)(vii)] **Food Modifications:** For 8-11 month olds, cooks need to remember to modify foods to meet the infant's developmental needs. Foods shall progress from pureed to ground to finely mashed to finely chopped as an infant's eating skills develop. When infants are ready for chopped foods, these foods shall be cut into small pieces no larger than 1/4 inch cubes or thin slices. Remember to 1). Continuously modify texture to meet the infant's changing abilities; 2). Serve foods that the infant can safely swallow or chew. Foods that can result in choking may not be offered: whole grapes; unpitted cherries; raw carrot rounds; raw peas; nuts; seeds; chips; hard pretzels; popcorn; and spoonfuls of peanut butter. Be aware of large whole foods that can cause choking (i.e., large pieces of raw hard vegetables, hard fruits, dried fruits, & chunks of meat). No spices added to foods the first year. Starting at 1 year old to 2 years old gradually introduce low sodium seasonings.

PARENTS COMMENTS

SHASTA HEAD START		8-11 Month Menu		2016-2017		menus subject to change	
Meal Pattern Wk 3	7/18, 8/29, 10/10, 11/21, 1/2, 2/13, 3/27, 5/8, 6/19	7/19, 8/30, 10/11, 11/22, 1/3, 2/14, 3/28, 5/9, 6/20	7/20, 8/31, 10/12, 11/23, 1/4, 2/15, 3/29, 5/10, 6/21	7/21, 9/1, 10/13, 11/24, 1/5, 2/16, 3/30, 5/11, 6/22	7/22, 9/2, 10/14, 11/25, 1/6, 2/17, 3/31, 5/12, 6/23		
Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday		
Vegetable and/or Fruit	1-4Tbsp. Peaches	1-4Tbsp. Pears	1-4Tbsp. Strawberries (C)	1-4Tbsp. Mixed Fruit	1-4Tbsp. Berries (C)		
Iron-fortified Infant cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal		
Breast Milk or Iron-fortified Infant Formula	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.		
Lunch							
Meat/Meat Alternative and/or Iron-fortified Infant Cereal	1-4Tbsp. Cheese and/or 4Tbsp. Infant Cereal	2- 1-4Tbsp. Beans and/or 2-4Tbsp. Infant Cereal	1-4Tbsp. Chicken and/or 2-4Tbsp. Infant Cereal	1-4Tbsp. Cod 2-4Tbsp. Infant Cereal	1-4Tbsp. Beef and/or 2-4Tbsp. Infant Cereal		
Vegetable and/or Fruit	1-4Tbsp Honeydew(C)	1-4Tbsp. Cooked Spinach (A)	1-4Tbsp. Butternut Squash (A)	1-4Tbsp. Mango (A&C)	1-4Tbsp. Brussel Sprouts (C)		
Breast Milk or Iron-fortified Infant Formula	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.		
P.M. Snack							
Cereal or Bread	0-1/2 Svg. LS Whole Wheat Crackers	0-1/2 Slice Whole Wheat Bread	0-1/2 Svg. LS Whole Wheat Crackers	0-1/2 Slice Whole Wheat Bread	0-1/2 Svg Cheerios		
2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula		
Meal Pattern Wk 4	7/25, 9/5, 10/17, 11/28, 1/9, 2/20, 4/3, 5/15, 6/26	7/26, 9/6, 10/18, 11/29, 1/10, 2/21, 4/4, 5/16, 6/27	7/27, 9/7, 10/19, 11/30, 1/11, 2/22, 4/5, 5/17, 6/28	7/28, 9/8, 10/20, 12/1, 1/12, 2/23, 4/6, 5/18, 6/29	7/29, 9/9, 10/21, 12/2, 1/13, 2/24, 4/7, 5/19, 6/30		
Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday		
Vegetable and/or Fruit	1-4Tbsp. Applesauce (C)fortified	1-4Tbsp. Berries (C)	1-4Tbsp. Apricots (A)	1-4Tbsp. Banana	1-4Tbsp. Mixed Fruit		
Iron-fortified Infant cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal		
2-4 fl.oz Breast Milk, Iron-Fortified Formula	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.		
Lunch							
Meat/Meat Alternative and/or Iron-fortified Infant Cereal	1-4Tbsp. Cheese and/or 4Tbsp. Infant Cereal	2- 1-4Tbsp. Cod and/or 2-4Tbsp. Infant Cereal	1-4Tbsp. Chicken and/or 2-4Tbsp. Infant Cereal	1-4Tbsp. Beans and/or 4Tbsp. Infant Cereal	2- 1-4Tbsp. Beef and/or 4Tbsp. Infant Cereal		
Vegetable and/or Fruit	1-4Tbsp. Broccoli (C)	1-4Tbsp. Red Peppers (A&C)	1-4Tbsp Mixed Vegetables (A&C))	1-4Tbsp. Strawberries (C)	1-4Tbsp. Cantaloupe (A&C)		
Breast Milk or Iron-fortified Infant Formula	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.		
P.M. Snack							
Cereal or Bread	0-1/2 Svg Cheerios	0-1/2 Svg. LS Whole Wheat Crackers	0-1/2 Svg. Whole Wheat Bread	0-1/2 Svg. LS Whole Wheat Crackers	0-1/2 Svg. Whole Wheat Bread		
2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula		

NOTES: * Check to be sure that the infant tolerates the individual fruits or vegetables prior to serving mixed fruits or vegetables. LS means low sodium or unsalted. Type of Fruit/Vegetable or Meat/Meat Alternate: Modify texture of fruit/vegetable or meat/meat alternate to meet the individual infant's needs/abilities (e.g., soft, pureed, lumpy, etc.) [HSPS 1304.23(b)(1)(iv)]. Type of Cereal or Bread: Crackers must be low sodium or unsalted. Type of Fruit or Vegetable: Wait to offer citrus or pineapple until after the infant reaches 1 year of age. Parenthesis C & A: These foods contain vitamins C or A, or both sources. Type of Meat/Meat Substitute: Do not offer egg white or honey until the infant is 1 year old. First column of menu: Meal Pattern required by CACFP, minimum amounts are posted in classrooms; all cooks have this information in kitchen. Feed on Demand: "Infants and young toddlers who need must be fed on demand to the extent possible or at appropriate intervals". [HSPS 1304.23(b)(1)(viii)] Food Modifications: For 8-11 month olds, cooks need to remember to modify foods to meet the infant's developmental needs. Foods shall progress from pureed to ground to finely mashed to finely chopped as an infant's eating skills develop. When infants are ready for chopped foods, these foods shall be cut into small pieces no larger than ¼ inch cubes or thin slices. Remember to 1). Continuously modify texture to meet the infant's changing abilities; 2). Serve foods that the infant can safely swallow or chew. Foods that can result in choking may not be offered: whole grapes; unpitted cherries; raw carrot rounds; raw peas; nuts; seeds; chips; hard pretzels; popcorn; and spoonful's of peanut butter. Be aware of large whole foods that can cause choking (i.e., large pieces of raw hard vegetables, hard fruits, dried fruits, & chunks of meat). No spices added to foods the first year. Starting at 1 year old to 2 years old gradually introduce low sodium seasonings.

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SHASTA HEAD START	8-11 Month Menu			2016-2017	menus subject to change
Meal Pattern Wk 5	8/1, 9/12, 10/24, 12/5, 1/16, 2/27, 4/10, 5/22	8/2, 9/13, 10/25, 12/6, 1/17, 2/28, 4/11, 5/23	8/3, 9/14, 10/26, 12/7, 1/18, 3/1, 4/12, 5/24	8/4, 9/15, 10/27, 12/8, 1/19, 3/2, 4/13, 5/25	8/5, 9/16, 10/28, 12/9, 1/20, 3/3, 4/14, 5/26
Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable and/or Fruit	1-4Tbsp. Pears	1-4 Tbsp. Applesauce (C-enriched)	1-4 Tbsp. Kiwi (C)	1-4Tbsp. Apricots (A)	1-4Tbsp. Mixed Fruit
Iron-fortified Infant cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal
Breast Milk or Iron-fortified Infant Formula	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.
Lunch					
Meat/Meat Alternative and/or Iron-fortified Infant cereal	1-4Tbsp. Beans and/or 2-4Tbsp. Infant Cereal	1-4Tbsp. Cod and/or 2-4Tbsp. Infant Cereal	1-4Tbsp. Chicken and/or 2-4Tbsp. Infant Cereal	1-4Tbsp. Cheese and/or 4Tbsp. Infant Cereal	2- 1-4Tbsp. Beef and/or 2-4Tbsp. Infant Cereal
Vegetable and/or Fruit	1-4Tbsp. Broccoli (C)	1-4Tbsp. Cooked Spinach	1-4Tbsp. Red Peppers (A&C)	1-4Tbsp. Carrots (A)	1-4Tbsp. Mixed Vegetables (A&C)
Breast Milk or Iron-fortified Infant Formula	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.
P.M. Snack					
Cereal or Bread	0-1/4 c or 1/3 oz. Dry Cheerios	0-1/2 Svg. Whole Wheat Bread	0-1/2 Svg. LS Whole Wheat Crackers	0-1/4 c or 1/3 oz. Dry Cheerios	0-1/2 Svg. LS Whole Wheat Crackers
Breast Milk, Iron-fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula
Meal Pattern Wk 6	8/8, 9/19, 10/31, 12/12, 1/23, 3/6, 4/17, 5/29	8/9, 9/20, 11/1, 12/13, 1/24, 3/7, 4/18, 5/30	8/10, 9/21, 11/2, 12/14, 1/25, 3/8, 4/19, 5/31	8/11, 9/22, 11/3, 12/15, 1/26, 3/9, 4/20, 6/1	8/12, 9/23, 11/4, 12/16, 1/27, 3/10, 4/21, 6/2
Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable and/or Fruit	1-4Tbsp. Peaches	1-4 Tbsp. Cantaloupe (C)	1-4Tbsp. Apricots (A)	1-4Tbsp. Pears	1-4Tbsp. Mixed Fruit
Iron-fortified Infant cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal	2-4Tbsp. Infant Cereal
2-4 fl.oz Breast Milk, Iron-Fortified Formula	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.
Lunch					
Meat/Meat Alternative and/or Iron-fortified Infant cereal	1-4Tbsp. Cheese and/or 2-4Tbsp Iron-fortified Infant cereal	1-4Tbsp. Black Bean and/or 2-4Tbsp Iron-fortified Infant cereal	1-4Tbsp. Turkey and/or 2-4Tbsp Iron-fortified Infant cereal	1-4Tbsp. Beef and/or 2-4Tbsp Iron-fortified Infant cereal	1-4Tbsp. Cod and/or 2-4Tbsp. Infant Cereal
Vegetable and/or Fruit	1-4Tbsp. Broccoli (C)	1-4Tbsp. Zucchini	1-4Tbsp. Mashed Red Potato	1-4Tbsp Brussel Sprouts (C)	1-4Tbsp. Mango (A&C)
Breast Milk or Iron-fortified Infant Formula	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.	6-8 fl.oz.
P.M. Snack					
Cereal or Bread	0-1/2 Svg. LS Whole Wheat Crackers	0-1/2 Svg. Whole Wheat Bread	0-1/2 Svg. LS Whole Wheat Crackers	0-1/4 c or 1/3 oz. Dry Cheerios	0-1/2 Svg. LS Whole Wheat Crackers
2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula	2-4 fl.oz Breast Milk, Iron-Fortified Formula

NOTES: * Check to be sure that the infant tolerates the individual fruits or vegetables prior to serving mixed fruits or vegetables. LS means low sodium or unsalted. Type of Fruit/Vegetable or Meat/Meat Alternate: Modify texture of fruit/vegetable or meat/meat alternate to meet the individual infant's needs/abilities (e.g., soft, pureed, lumpy, etc.) [HSPS 1304.23(b)(1)(iv)]. Type of Cereal or Bread: Crackers must be low sodium or unsalted. Type of Fruit or Vegetable: Wait to offer citrus or pineapple until after the infant reaches 1 year of age. Parenthesis C & A: These foods contain vitamins C or A, or both sources. Type of Meat/Meat Substitute: Do not offer egg white or honey until the infant is 1 year old. First column of menu: Meal Pattern required by CACFP, minimum amounts are posted in classrooms; all cooks have this information in kitchen. Feed on Demand: "Infants and young toddlers who need must be fed on demand to the extent possible or at appropriate intervals". [HSPS 1304.23(b)(1)(vii)] Food Modifications: For 8-11 month olds, cooks need to remember to modify foods to meet the infant's developmental needs. Foods shall progress from pureed to ground to finely mashed to finely chopped as an infant's eating skills develop. When infants are ready for chopped foods, these foods shall be cut into small pieces no larger than ¼ inch cubes or thin slices. Remember to 1). Continuously modify texture to meet the infant's changing abilities; 2). Serve foods that the infant can safely swallow or chew. Foods that can result in choking may not be offered: whole grapes; unpitted cherries; raw carrot rounds; raw peas; nuts; seeds; chips; hard pretzels; popcorn; and spoonful's of peanut butter. Be aware of large whole foods that can cause choking (i.e., large pieces of raw hard vegetables, hard fruits, dried fruits, & chunks of meat). No spices added to foods the first year. Starting at 1 year old to 2 years old gradually introduce low sodium seasonings.

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