

SHASTA HEAD START	Menu Starts 7/1/2024 Ends 6/27/2025					6-11 Month Menu					2024-2025					menus subject to change																													
Meal Pattern Week 1	7/1	8/12	9/23	11/4	12/16	1/27	3/10	4/21	6/2	7/2	8/13	9/24	11/5	12/17	1/28	3/11	4/22	6/3	7/3	8/14	9/25	11/6	12/18	1/29	3/12	4/23	6/4	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
Breakfast	Monday					Tuesday					Wednesday					Thursday					Friday																								
Vegetable and/or Fruit	0-2Tbsp. Peaches or Banana					0-2Tbsp. Apricot					0-2Tbsp. Applesauce C Fortified					0-2Tbsp.Mixed Fruit					0-2Tbsp. Berries																								
0-4 Tbsp. Iron Fortified Infant Cereal OR 0-4 Tbs Meat/Meat Alt.	0-4Tbsp.Infant Cereal OR Meat/Meat Alt.					0-4Tbsp.Infant Cereal OR Meat/Meat Alt.					0-4Tbsp.Infant Cereal OR Cheese					0-4Tbsp.Infant Cereal OR Whole Egg					0-4Tbsp.Infant Cereal OR Meat/Meat Alt.																								
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 (0-2 oz. if cheese)	0-4 Tbsp. Tuna and/or Infant Cereal					0-4 Tbsp. Chicken and/or Infant Cereal					0-4 Tbsp. Beans and/or Infant Cereal					0-4 Tbsp. Beef and/or Infant Cereal					0-4 Tbsp. Pork and/or Infant Cereal																								
Vegetable and/or Fruit	0-2Tbsp. Broccoli					0-2Tbsp. Carrots					0-2Tbsp. Green Beans					0-2Tbsp. Mixed Vegetables					0-2Tbsp. Cooked Spinach																								
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																																													
0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers					0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers					0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers					0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers					0-4 Tbsp. Cereal OR 0-1/2 Slice Bread OR 0-3 Crackers																								
Breast Milk, Iron-fortified Formula	2-4 fl. oz.					2-4 fl. oz.					2-4 fl. oz.					2-4 fl. oz.					2-4 fl. oz.																								
Vegetable and/or Fruit	0-2Tbsp. Mixed Berries					0-2Tbsp. Strawberries					0-2Tbsp. Mango					0-2Tbsp.Cantaloupe					0-2Tbsp. Watermelon																								
Meal Pattern Wk. 2	7/8	8/19	9/30	11/11	12/23	2/3	3/17	4/28	6/9	7/9	8/20	10/1	11/12	12/24	2/4	3/18	4/29	6/10	7/10	8/21	10/2	11/13	12/25	2/5	3/19	4/30	6/11	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
Breakfast	Monday					Tuesday					Wednesday					Thursday					Friday																								
Vegetable and/or Fruit	0-2Tbsp. Apricots					0-2Tbsp. Mixed Fruit					0-2Tbsp. Applesauce					0-2Tbsp. Pears					0-2Tbsp.Peaches																								
0-4 Tbsp. Infant Cereal OR 0-4 Tbsp. Meat/Meat Alt.	0-4Tbsp.Infant Cereal OR Meat/Meat Alt.					0-4Tbsp.Infant Cereal OR Yogurt					0-4Tbsp.Infant Cereal OR Meat/Meat Alt.					0-4Tbsp. Infant Cereal OR 0-4 Tbsp. Cheese					0-4Tbsp. Infant Cereal OR Meat/Meat Alt.																								
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 (0-2 oz. if cheese)	0-4 Tbsp. Turkey OR Tuna and/or Infant Cereal					0-4 Tbsp. Beans and/or Infant Cereal					0-2 oz. Chicken and/ or Infant Cereal					0-4 Tbsp. Beef and/or Infant Cereal					0-4 Tbsp. Beans and/or Infant Cereal																								
Vegetable and/or Fruit	0-2Tbsp. Broccoli					0-2Tbsp. Corn					0-2Tbsp. Carrots					0-2Tbsp. Cooked Spinach					0-2Tbsp. Zucchini																								
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																																													
0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers					0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers					0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers					0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers					0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers																								
Vegetable and/or Fruit	0-2Tbsp. Cauliflower					0-2Tbsp. Honeydew					0-2Tbsp. Kiwi					0-2Tbsp.Mango					0-2Tbsp. Watermelon																								
Breast Milk, Iron-fortified Formula	2-4 fl. oz.					2-4 fl. oz.					2-4 fl. oz.					2-4 fl. oz.					2-4 fl. oz.																								
<p>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.). 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 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. Food Modifications: For 6-11 month old's, cooks need to remember to modify foods to meet the infant's developmental needs. Foods shall progress from pureed 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 spoonfuls of peanut butter. Be aware that foods LARGER THAN CAN BE SWALLOWED whole may cause choking (i.e., large pieces of raw hard vegetables, hard fruits, dried fruits, & chunks of meat) * The USDA and the CDE are equal opportunity providers and employers.</p>																																													
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Meal Pattern Wk. 3	7/15 8/26 10/7 11/18 12/30 2/10 3/24 5/5 6/16	7/16 8/27 10/8 11/19 12/31 2/11 3/25 5/6 6/17	7/17 8/28 10/9 11/20 1/1 2/12 3/26 5/7 6/18	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															
Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday															
Vegetable and/or Fruit	0-2Tbsp.Peaches	0-2Tbsp. Banana	0-2Tbsp.Berries	0-2Tbsp.Pears	0-2Tbsp.Mixed Fruit															
0-4 Tbsp. Infant Cereal OR 0-4 Tbsp. Meat/Meat Alt.	0-4Tbsp.Infant Cereal OR Yogurt	0-4Tbsp.Infant Cereal OR Whole Egg	0-4Tbsp.Infant Cereal OR Meat/Meat Alt.	0-4Tbsp.Infant Cereal Or Meat/Meat Alt.	0-4Tbsp.Infant Cereal OR Cheese															
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 (0-2 oz. if cheese)	0-2 oz. Cheese and/or Infant Cereal	0-4 Tbsp Beef and/or Infant Cereal	0-4 Tbsp. Cod and/or Infant Cereal	0-4 Tbsp. Beef and/or Infant Cereal	0-4 Tbsp. Chicken and/or Infant Cereal															
Vegetable and/or Fruit	0-2Tbsp. Mixed Vegetables	0-2Tbsp. Cabbage	0-2Tbsp. Broccoli	0-2Tbsp. Green Beans	0-2Tbsp. Mixed Vegetables															
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																				
0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers															
Vegetable and/or Fruit	0-2Tbsp. Carrots	0-2Tbsp. Strawberries	0-2Tbsp. Honeydew	0-2Tbsp.Cantaloupe	0-2Tbsp. Applesauce															
Breast Milk or Iron-fortified Infant Formula	2-4 fl. oz.	2-4 fl. oz.	2-4 fl. oz.	2-4 fl. oz.	2-4 fl. oz.															
Meal Pattern Wk. 4	7/22 9/2 10/14 11/25 1/6 2/17 3/31 5/12 6/23	7/23 9/3 10/15 11/26 1/7 2/18 4/1 5/13 6/24	7/24 9/4 10/16 11/27 1/8 2/19 4/2 5/14 6/25	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															
Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday															
Vegetable and/or Fruit	0-2Tbsp.Peaches	0-2Tbsp. Strawberries	0-2Tbsp. Banana	0-2Tbsp.Pears	0-2Tbsp. Applesauce															
0-4 Tbsp. Infant Cereal OR 0-4 Tbsp. Meat/Meat Alt.	0-4Tbsp.Infant Cereal OR Meat/Meat Alt.	0-4Tbsp.Infant Cereal Or Cottage Cheese	0-4Tbsp.Infant Cereal OR Meat/Meat Alt.	0-4Tbsp.Infant Cereal Or 0-2 oz Cheese	0-4Tbsp.Infant Cereal OR Meat/Meat Alt.															
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 (0-2 oz. if cheese)	0-4 Tbsp. Ham and/or Infant Cereal	0-4 Tbsp. Cheese and/or Infant Cereal	0-4 Tbsp. Chicken and/or Infant Cereal	0-4 Tbsp. Beef and/or Infant Cereal	0-4 Tbsp. Beans and/or Infant Cereal															
Vegetable and/or Fruit	0-2Tbsp. Carrots	0-2Tbsp. Broccoli	0-2Tbsp. Sweet Potato	0-2Tbsp. Green Beans	0-2Tbsp. Cooked Spinach															
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																				
0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers															
Vegetable and/or Fruit	0-2Tbsp.Cauliflower	0-2Tbsp.Mango	0-2Tbsp. Honeydew	0-2Tbsp. Cantaloupe	0-2Tbsp. Watermelon															
Breast Milk or Iron-fortified Infant Formula	2-4 fl. oz.	2-4 fl. oz.	2-4 fl. oz.	2-4 fl. oz.	2-4 fl. oz.															

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.). 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 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". Food Modifications: For 6-11 month old's, 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 that foods LARGER THAN CAN BE SWALLOWED whole may cause choking (i.e., large pieces of raw hard vegetables, hard fruits, dried fruits, & chunks of meat). (WGR) Whole Grain Rich "The

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Meal Pattern Wk. 5	7/29 9/9 10/21 12/2 1/13 2/24 4/7 5/19	7/30 9/10 10/22 12/3 1/14 2/25 4/8 5/20	7/31 9/11 10/23 12/4 1/15 2/26 4/9 5/21	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	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Vegetable and/or Fruit	0-2Tbsp. Pears	0-2Tbsp. Apricots	0-2Tbsp. Banana	0-2Tbsp. Mixed Fruit	0-2Tbsp. Berries	0-4 Tbsp. Infant Cereal OR 0-4 Tbsp. Meat/Meat Alt.	0-4Tbsp. Infant Cereal OR Meat/Meat Alt.	0-4Tbsp. Infant Cereal OR Meat/Meat Alt.	0-4Tbsp. Infant Cereal OR Meat/Meat Alt.	0-4Tbsp. Infant Cereal OR Cottage Cheese	0-4Tbsp. Infant Cereal OR Meat/Meat Alt.	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 (0-2 oz. if cheese)	0-4 Tbsp. Turkey and/or Infant Cereal	0-4 Tbsp. Beans and/or Infant Cereal	0-4 Tbsp. Chicken and/or Infant Cereal	0-2 oz. Cheese and/or Infant Cereal	0-4 Tbsp. Beef and/or Infant Cereal	Vegetable and/or Fruit	0-2Tbsp. Carrots	0-2Tbsp. Mixed Vegetables	0-2Tbsp. Broccoli	0-2Tbsp. Brussels Sprouts	0-2Tbsp. Red potatoes	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						0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	Vegetable and/or Fruit	0-2 Tbsp. Kiwi	0-2 Tbsp. Watermelon	0-2Tbsp. Mango	0-2Tbsp. Zucchini	0-2Tbsp. Cantaloupe	Breast Milk, Iron-fortified Formula	2-4 fl. oz.	2-4 fl. oz.	2-4 fl. oz.	2-4 fl. oz.	2-4 fl. oz.	Meal Pattern Wk. 6	8/5 9/16 10/28 12/9 1/20 3/3 4/14 5/26	8/6 9/17 10/29 12/10 1/21 3/4 4/15 5/27	8/7 9/18 10/30 12/11 1/22 3/5 4/16 5/28	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	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Vegetable and/or Fruit	0-2Tbsp. Banana	0-2Tbsp. Apricots	0-2Tbsp. Pears	0-2Tbsp. Mixed Fruit	0-2Tbsp. Berries	0-4 Tbsp. Infant Cereal OR 0-4 Tbsp. Meat/Meat Alt.	0-4Tbsp. Infant Cereal OR Meat/Meat Alt.	0-4Tbsp. Infant Cereal OR Meat/Meat Alt.	0-4Tbsp. Infant Cereal OR Meat/Meat Alt.	0-4Tbsp. Infant Cereal OR Whole Egg	0-4Tbsp. Infant Cereal OR Yogurt	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 (0-2 oz. if cheese)	0-4 Tbsp. Cheese and/or Infant Cereal	0-4 Tbsp. Pork and/or Infant Cereal	0-4 Tbsp. Beef and/or Infant Cereal	0-4 Tbsp. Cod and/or Infant Cereal	0-4 Tbsp. Chicken and/or Infant Cereal	Vegetable and/or Fruit	0-2Tbsp. Cooked Spinach	0-2Tbsp. Cabbage	0-2Tbsp. Green Beans	0-2Tbsp. Mixed Vegetables	0-2Tbsp. Broccoli	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						0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	0-4 Tbsp. Iron Fortified Cereal OR 0-1/2 oz Bread OR 0-3 Crackers	Vegetable and/or Fruit	0-2Tbsp. Mixed Fruit	0-2Tbsp. Strawberries	0-2Tbsp. Cantaloupe	0-2Tbsp. Mango	0-2Tbsp. Applesauce	Breast Milk, Iron-fortified Formula	2-4 fl. oz.	2-4 fl. oz.	2-4 fl. oz.	2-4 fl. oz.	2-4 fl. oz.

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.). 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 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". Food Modifications: For 6-11 month old's, 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 spoonful's of peanut butter. Be aware that foods LARGER THAN CAN BE SWALLOWED whole may cause choking (i.e., large pieces of raw hard vegetables, hard fruits, dried fruits, & chunks of meat). "The USDA and the CDE are equal opportunity providers and employers." Menu Starts 7/1/2024 Menu Ends 6/27/2025 (WGR) Whole Grain Rich

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