

SHASTA HEAD START 6-11 month old Menu 2025-2026	Monday	Tuesday	Wednesday	Thursday	Friday
	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	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

Meal Pattern Week 1

Breakfast

MILK 6-8 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/VEGETABLE 0-2 TBS.	PEACHES	APRICOTS	APPLESAUCE	PEARS	BERRIES
INFANT CEREAL 0-1/2 OZ EQ. OR	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL OR	INFANT CEREAL OR	INFANT CEREAL
MEAT/MEAT ALT 0-4 TBS.			CHEESE 0-2 OZ.	WHOLE EGG	

Lunch

MILK 6-8 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/VEGETABLE 0-2 TBS.	BROCCOLI	CARROTS	GREEN BEANS	MIXED VEGETABLES	COOKED SPINACH
MEAT/AND OR 0-4 TBS.	TUNA	CHICKEN	BEANS	BEEF	PORK
INFANT CEREAL 0-1/2 OZ EQ.	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL

PM Snack

MILK 2-4 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/AND OR VEGETABLE 0-2 TBLS.	BANANA	STRAWBERRIES	MANGO	CANTALOUPE	WATERMELON
INFANT CEREAL OR BREAD 0-1/2 OZ. EQ	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR
OR CRACKERS 0-1/4 OZ. EQ	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS

Check to insure that the infant tolerates the individual fruits or vegetables prior to serving mixed fruits or vegetables. Wait to offer citrus or pineapple until after the infant reaches 1 year of age. Do not offer honey until the infant is 1 year old. Remember to modify to meet the infants developmental needs. Foods shall progress from pureed to ground to finely mashed to finely chopped as an infant eating skills progress. Continuously modify textures to meet the infants changing ability.

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PARENT COMMENTS

SHASTA HEAD START 6-11 month old Menu 2025-2026	Monday	Tuesday	Wednesday	Thursday	Friday
		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	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
Meal Pattern Week 2					
Breakfast					
MILK 6-8 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/VEGETABLE 0-2 TBS.	PEACHES	STRAWBERRIES	APRICOTS	PEARS	APPLESAUCE
INFANT CEREAL 0-1/2 OZ EQ. OR	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL OR	INFANT CEREAL OR	INFANT CEREAL
MEAT/MEAT ALT 0-4 TBS.					
Lunch					
MILK 6-8 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/VEGETABLE 0-2 TBS.	CARROTS	CORN	ZUCCHINI	SPINACH	BROCCOLI
MEAT/AND OR 0-4 TBS.	TURKEY	BEANS	CHEESE	BEEF	CHICKEN
INFANT CEREAL 0-1/2 OZ EQ.	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL
PM Snack					
MILK 2-4 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/AND OR VEGETABLE 0-2 TBLS.	BANANA	HONEYDEW	MANGO	CANTALOUPE	CAULIFLOWER
INFANT CEREAL OR BREAD 0-1/2 OZ. EQ	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR
OR CRACKERS 0-1/4 OZ. EQ	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS
<p>Check to insure that the infant tolerates the individual fruits or vegetables prior to serving mixed fruits or vegetables. Wait to offer citrus or pineapple until after the infant reaches 1 year of age. Do not offer honey until the infant is 1 year old. Remember to modify to meet the infants developmental needs. Foods shall progress from pureed to ground to finely mashed to finely chopped as an infant eating skills progress. Continuously modify textures to meet the infants changing ability.</p>					
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SHASTA HEAD START 6-11 month old Menu 2025-2026	Monday	Tuesday	Wednesday	Thursday	Friday
		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	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
Meal Pattern Week 3					
MILK 6-8 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/VEGETABLE 0-2 TBS.	PEACHES	BANANA	APPLESAUCE	PEARS	MIXED FRUIT
INFANT CEREAL 0-1/2 OZ EQ. OR	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL OR	INFANT CEREAL OR	INFANT CEREAL
MEAT/MEAT ALT 0-4 TBS.		WHOLE EGG			CHEESE
Lunch					
MILK 6-8 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/VEGETABLE 0-2 TBS.	MIXED VEGETABLE	CORN	BROCCOLI	GREEN BEANS	MIXED VEGETABLES
MEAT/AND OR 0-4 TBS.	CHEESE	BEEF	COD	BEEF	CHICKEN
INFANT CEREAL 0-1/2 OZ EQ.	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL
PM Snack					
MILK 2-4 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/AND OR VEGETABLE 0-2 TBLS.	CARROTS	STRAWBERRIES	BLUEBERRIES	CANTALOUPE	WATERMELON
INFANT CEREAL OR BREAD 0-1/2 OZ. EQ	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR
OR CRACKERS 0-1/4 OZ. EQ	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS
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	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	7/30 9/10 10/22 12/3 1/14 2/25 4/8 5/20 7/1	7/31 9/11 10/23 12/4 1/15 2/26 4/9 5/21 7/2	8/1 9/12 10/24 12/5 1/16 2/27 4/10 5/22 7/3

Meal Pattern Week 4

Breakfast					
MILK 6-8 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/VEGETABLE 0-2 TBS.	PEACHES	BANANA	APRICOTS	PEARS	APPLESAUCE
INFANT CEREAL 0-1/2 OZ EQ. OR	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL OR	INFANT CEREAL OR	INFANT CEREAL
MEAT/MEAT ALT 0-4 TBS.			COTTAGE CHEESE	CHEESE 0-2 OZ.	

Lunch					
MILK 6-8 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/VEGETABLE 0-2 TBS.	CARROTS	BROCCOLI	SWEET POTATO	GREEN BEANS	SPINACH
MEAT/AND OR 0-4 TBS.	HAM	CHEESE	CHICKEN	BEEF	BEANS
INFANT CEREAL 0-1/2 OZ EQ.	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL

PM Snack					
MILK 2-4 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/AND OR VEGETABLE 0-2 TBS.	HONEYDEW	MANGO	STRAWBERRIES	CANTALOUPE	WATERMELON
INFANT CEREAL OR BREAD 0-1/2 OZ. EQ	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR
OR CRACKERS 0-1/4 OZ. EQ	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS

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Meal Pattern Week 5					
Breakfast					
MILK 6-8 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/VEGETABLE 0-2 TBS.	PEARS	APRICOTS	BANANA	MIXED FRUIT	BERRIES
INFANT CEREAL 0-1/2 OZ EQ. OR MEAT/MEAT ALT 0-4 TBS.	INFANT CEREAL	INFANT CEREAL EGGS	INFANT CEREAL OR	INFANT CEREAL OR	INFANT CEREAL
Lunch					
MILK 6-8 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/VEGETABLE 0-2 TBS.	CARROTS	MIXED VEGETABLES	BROCCOLI	BRUSSELS SPROUTS	RED POTATOES
MEAT/AND OR 0-4 TBS.	TURKEY	BEANS	CHICKEN	CHEESE	BEEF
INFANT CEREAL 0-1/2 OZ EQ.	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL
PM Snack					
MILK 2-4 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/AND OR VEGETABLE 0-2 TBS.	BLUEBERRIES	STRAWBERRIES	CANTALOUPE	ZUCCHINI	MANGO
INFANT CEREAL OR BREAD 0-1/2 OZ. EQ	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR
OR CRACKERS 0-1/4 OZ. EQ	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS
<p>Check to insure that the infant tolerates the individual fruits or vegetables prior to serving mixed fruits or vegetables. Wait to offer citrus or pineapple until after the infant reaches 1 year of age. Do not offer honey until the infant is 1 year old. Remember to modify to meet the infants developmental needs. Foods shall progress from pureed to ground to finely mashed to finely chopped as an infant eating skills progress. Continuously modify textures to meet the infants changing ability.</p>					
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Meal Pattern Week 6	Breakfast				
MILK 6-8 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/VEGETABLE 0-2 TBS.	PEACHES	APRICOTS	PEARS	MIXED FRUIT	BERRIES
INFANT CEREAL 0-1/2 OZ EQ. OR	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL OR	INFANT CEREAL OR	INFANT CEREAL
MEAT/MEAT ALT 0-4 TBS.					PLAIN YOGURT
Lunch					
MILK 6-8 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/VEGETABLE 0-2 TBS.	SPINACH	CABBAGE	GREEN BEANS	MIXED VEGETABLES	BROCCOLI
MEAT/AND OR 0-4 TBS.	CHEESE	PORK	BEEF	COD	CHICKEN
INFANT CEREAL 0-1/2 OZ EQ.	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL	INFANT CEREAL
PM Snack					
MILK 2-4 OZ.	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA	BREASTMILK OR FORMULA
FRUIT/AND OR VEGETABLE 0-2 TBLS.	BANANA	STRAWBERRIES	CANTALOUPE	MANGO	APPLESAUCE
INFANT CEREAL OR BREAD 0-1/2 OZ. EQ	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR	CEREAL OR BREAD OR
OR CRACKERS 0-1/4 OZ. EQ	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS
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