



**EARLY HEAD START**







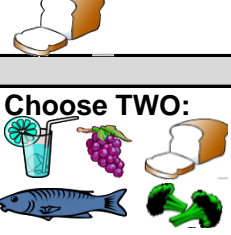
# SHARE Head Start

CENTER - \_\_\_\_\_

**Age 6-11 mths**

**Note:** Baby Food or Iron Fortified Infant (IFI) Formula

**Note:** Water is accessible to all children throughout the day.

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>						
						
						
	Other					
<hr/>						
<b>AM Snack</b>						
						
						
<hr/>						
<b>Lunch</b>						
						
						
						
<b>PM Snack</b>	<b>Choose TWO:</b>					
						



**EARLY HEAD START**

# SHARE Head Start
















CENTER - \_\_\_\_\_

Feb. 3-7, 2020

**Age 6-11 mths**

**Note:** Baby Food or Iron Fortified Infant (IFI) Formula

**Note:** Water is accessible to all children throughout the day

		Monday	Tuesday	Wednesday	Thursday	Friday
		3	4	5	6	7
<b>Breakfast</b>		6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk
		2 TBSP Peaches	2 TBSP Pears	2 TBSP Applesauce	2 TBSP Bananas	2 TBSP Peaches
		4 TBSP IFI Rice Cereal	4 TBSP IFI Rice Cereal	4 TBSP IFI Rice Cereal	4 TBSP IFI Rice Cereal	4 TBSP IFI Rice Cereal
	Other					
<b>AM Snack</b>		Water	Water	Water	Water	Water
				2 TBSP Apple Sauce		
		2 Ritz Crackers	2 Saltine Crackers		4 Cheese Its	2 Ritz Crackers
<b>Lunch</b>		6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk
		4 TBSP of Beef Baby Food	4 TBSP of Turkey Baby Food	4 TBSP of Mashed Black Beans	4 TBSP of Chicken Baby Food	4 TBSP of Beef Baby Food
		2 TBSP Squash	2 TBSP Sweet Potato	2 TBSP Carrots	2 TBSP Carrots	2 TBSP of Green Peas
						
		4 TBSP of IFI Oatmeal Cereal	4 TBSP of IFI Oatmeal Cereal	4 TBSP of IFI Oatmeal Cereal	4 TBSP of IFI Oatmeal Cereal	4 TBSP of IFI Oatmeal Cereal
<b>PM Snack</b>	<b>Choose TWO:</b>    	6-8oz IFI Formula or Breastmilk/ 2 WG Saltine Crackers/ 2 TBSP of Peaches	6-8oz IFI Formula or Breastmilk/ 4 Cheese Its/ 2 TBSP Apple Sauce	6-8 IFI Formula or Breastmilk/ 4 TBSP of IFI Oatmeal Cereal/ 2 TBSP of Yams	6-8 IFI Formula or Breastmilk/ Yogurt/ 2 TBSP of Squash	6-8oz IFI Formula or Breastmilk/ 2 WG Saltine Crackers/ 2 TBSP of Green Peas



# SHARE Head Start













CENTER - \_\_\_\_\_

Feb. 10-14, 2020

Age 6-11 mths

**Note:** Baby Food or Iron Fortified Infant (IFI) Formula

**Note:** Water is accessible to all children throughout the day

		Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
<b>Breakfast</b>		6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk
		2 TBSP Applesauce	2 TBSP Pears	2 TBSP Peaches	2 TBSP Pears	2 TBSP Banana
		4 TBSP of IFI Oatmeal Cereal	4 TBSP of IFI Oatmeal Cereal	4 TBSP of IFI Oatmeal Cereal	4 TBSP of IFI Oatmeal Cereal	4 TBSP of IFI Oatmeal Cereal
	Other					
<b>AM Snack</b>		Water	Water	Water	Water	Water
						
		2 Saltine Crackers	2 Ritz Cracker	4 Cheese Its	2 Ritz Crackers	2 Saltine crackers
<b>Lunch</b>		6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk
		4 TBSP of Chicken Baby Food	4 TBSP of Beef Baby Food	4 TBSP of mashed Butter Beans	4 TBSP of Turkey Baby Food	4 TBSP of Chicken Baby Food
		2 TBSP of Yams	2 TBSP of Carrots	2 TBSP of Applesauce	2 TBSP Green Peas	2 TBSP of Squash
						
		4 TBSP IFI Rice Cereal	4 TBSP IFI Rice Cereal	4 TBSP IFI Rice Cereal	4 TBSP IFI Rice Cereal	4 TBSP IFI Rice Cereal
<b>PM Snack</b>	<b>Choose TWO:</b> 	6-8oz IFI Formula or Breastmilk/ 2 Ritz Crackers/ 2 TBSP of Squash	6-8oz IFI Formula or Breastmilk/ 4TBSP of Baby Oatmeal/ 2 TBSP of Peaches	6-8oz of IFI Formula or Breastmilk/ 2 Saltine Crackers/ 2 TBSP of Green Bean	6-8oz of IFI Formula or Breastmilk/ 4 Cheese It Crackers/ 2 TBSP Banana	6-8oz of IFI Formula or Breastmilk/ 2 Ritz Crackers/ 2 TBSP of Apple Sauce



**EARLY HEAD START**

# SHARE Head Start

CENTER - \_\_\_\_\_

Feb. 17-21, 2020

**Age 6-11 mths**

**Note:** Baby Food or Iron Fortified Infant (IFI) Formula

**Note:** Water is accessible to all children throughout the day

		Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
<b>Breakfast</b>		<b>PRESIDENTS' DAY</b>	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk
			2 TBSP Applesauce	2 TBSP Peaches	2 TBSP Banana	2 TBSP Pears
			4 TBSP IFI Rice Cereal	4 TBSP IFI Rice Cereal	4 TBSP IFI Rice Cereal	4 TBSP IFI Rice Cereal
	Other					
<b>AM Snack</b>		<b>NO SCHOOL</b>	Water	Water	Water	Water
			2 WG Saltine Crackers	2 Graham Crackers	2 Ritz Crackers	4 Animal Crackers
<b>Lunch</b>			6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk
			4 TBSP of Chicken Baby Food	4 TBSP of Mashed Black Eyed Peas	4 TBSP of Turkey Baby Food	4 TBSP of Beef baby Food
			2 TBSP of Carrots	2 TBSP of Applesauce	2 TBSP Squash	2 TBSP of Green Peas
			4 TBSP of IFI Oatmeal Cereal	4 TBSP of IFI Oatmeal Cereal	4 TBSP of IFI Oatmeal Cereal	4 TBSP of IFI Oatmeal Cereal
<b>PM Snack</b>	<b>Choose TWO:</b> 		6-8oz of IFI Formula or Breastmilk/ 4 Cheese It crackers/ 2TBSP Sweet Potato	6-8oz of IFI Formula or Breastmilk/ 2 Saltine Crackers/ 2 TBSP Apple Sauce	6-8 oz IFI Formula or Breastmilk/ 2 Ritz Crackers/ 2 TBSP Bananas	6-8oz of IFI Formula or Breastmilk/ 1/ 2 TSBP Pears/ 2 WG Crackers



**EARLY HEAD START**

# SHARE Head Start

















CENTER - \_\_\_\_\_

Feb. 24-28, 2020

**Age 6-11 mths**

**Note:** Baby Food or Iron Fortified Infant (IFI) Formula

**Note:** Water is accessible to all children throughout the day

		Monday	Tuesday	Wednesday	Thursday	Friday
		24	25	26	27	28
<b>Breakfast</b>		6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8oz IFI Formula or Breast Milk
		2 TBSP Applesauce	2 TBSP Bananas	2 TBSP Pears	2 TBSP Peaches	2 TBSP Pears
		4 TBSP IFI Rice Cereal	4 TBSP IFI Oatmeal Cereal	4 TBSP IFI Oatmeal Cereal		4 TBSP IFI Oatmeal Cereal
	Other					
<b>AM Snack</b>		Water	Water	Water	Water	Water
						
		2 WG Saltine Crackers	2 Ritz Crackers	2 Graham Crackers	4 Cheese Its	Yogurt
<b>Lunch</b>		6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk
		4 TBSP of Chicken Baby Food	4 TBSP of Beef Baby Food	4TBSP Mashed Pinto Beans	4 TBSP Turkey Baby Food	4 TBSP of Chicken Baby Food
		2 TBSP of Carrots	2 TBSP Green Peas	2 TBSP Sweet Potato	2 TBSP Green Beans	2 TBSP Squash
						
		4 TBSP of IFI Oatmeal Cereal	4 TBSP IFI Rice Cereal	4 TBSP IFI Rice Cereal	4 TBSP IFI Rice Cereal	4 TBSP of IFI Oatmeal Cereal
<b>PM Snack</b>	<b>Choose TWO:</b>     	6-8oz of IFI Formula or Breastmilk/ 4 Cheese It crackers/ 2TBSP Sweet Potato	6-8oz of IFI Formula or Breastmilk/ Graham Crackers/ 2TBSP Sweet Potato	6-8oz of IFI Formula or Breastmilk/ 2 Saltine Crackers/ 2 TBSP Sweet potatoes	6-8 oz IFI Formula or Breastmilk/ 2 Ritz Crackers/ 2 TBSP Bananas	6-8oz IFI Formula or Breastmilk/ 3 Animal Crackers/ 2 TBSP Applesauce