



EARLY HEAD START

SHARE Head Start













CENTER - _____

March 2-6, 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
		2	3	4	5	6
Breakfast		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 Pears	2 TBSP Bananas	2 TBSP Peaches	2 TBSP Pears	2 TBSP Bananas
		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					
Water is accessible to all children throughout the day.						
AM Snack		Water	Water	Water	Water	Water
				Gerber Banana		Gerber Pear
		Ritz Crackers	Animal Crackers		2 Saltine Crackers	
Lunch		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 Beef Baby Food	4 TBSP Turkey Baby Food	4TBSP Mashed Black Eyed Peas	4oz of Vanilla Yogurt	4 TBSP Chicken Baby Food
		2 TBSP Yams	2 TBSP Greenbeans	2 TBSP Carrots	2 TBSP Squash	2 TBSP Carrots
						
		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
Water is accessible to all children throughout the day.						
PM Snack	Choose TWO: 	6-8oz IFI Formula or Breastmilk / 2 WG Saltine crackers/ 2 TBSP of Green Peas	6-8oz IFI Formula or Breastmilk / 1/2 slice of crusty bread/ 2 TBSP squash	6-8oz IFI Formula or Breastmilk/ 4 cheese it crackers/2TBSP applesauce	6-8oz IFI Formula or Breastmilk/ 4 TBSP IFI Oatmeal Cereal/ 2 TBSP Yams	6-8oz IFI Formula or Breastmilk/ 1/2 Crusted Bread/ 2TBSP Peaches



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March 9-13, 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
		9	10	11	12	13
Breakfast		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 Applesauce
		4 TBSP IFI Oatmeal Infant Cereal	4 TBSP IFI Oatmeal Infant Cereal	4 TBSP IFI Oatmeal Infant Cereal	4 TBSP IFI Oatmeal Infant Cereal	4 TBSP IFI Oatmeal Infant Cereal
	Other					
Water is accessible to all children throughout the day.						
AM Snack		Water	Water	Water	Water	Water
			Gerber Sweet Potato			Gerber Peaches
		WG Cracker		Graham Crackers	Animal Crackers	
Lunch		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 Turkey Baby Food	4 TBSP Beef Baby Food	4 TBSP Mashed Pinto	4 TBSP Chicken Baby Food	4 TBSP Mashed Cheese
		2 TBSP of Green Peas	2 TBSP Green Beans	2 TBSP Carrots	2 TBSP Squash	2 TBSP Green Peas
						
		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
Water is accessible to all children throughout the day.						
PM Snack	Choose TWO: 	6-8oz IFI Formula or Breastmilk/ 2 Ritz Crackers/ 2 TBSP Apple Sauce	6-8oz IFI Formula or Breastmilk / 4 Cheese It Crackers/ 2 TBSP Yams	6-8oz IFI Formula or Breastmilk/ WW Saltine Crackers/ 2 TBSP Peaches	6-8oz IFI Formula or Breastmilk/ 4 TBSP Oatmeal/ 2 TSBP Pears	6-8oz IFI Formula or Breastmilk/ 1/2 Crusted Bread/ Yams














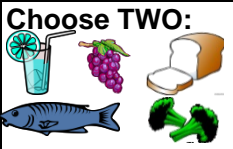
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March 16-20, 2020

Age 6-11 mths

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

Note: Water is accessible to all children throughout the day

		Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Breakfast		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 of Bananas	2 TBSP of Pears	2 TBSP of Apple Sauce	2 TBSP of Bananas	2 TBSP of Apple Sauce
		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					
Water is accessible to all children throughout the day.						
AM Snack		Water	Water	Water	Water	Water
			Gerber Applesauce			Gerber Pears
		Mashed Cheese		Grahan Crackers	Ritz Crackers	
Lunch		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 Mashed Black Eyed Peas	4 TBSP of Beef Baby Food	4 TBSP of Navy Beans	4 TBSP of Turkey Baby Food	4 TBSP Chicken baby food
		2TBSP of Yams	2TBSP of Peas	2 TBSP of green Beans	2 TBSP of squash	2TBSP of Carrots
						
		4 TBSP IFI Oatmeal Infant Cereal	4 TBSP IFI Oatmeal Infant Cereal	4 TBSP IFI Oatmeal Infant Cereal	4 TBSP IFI Oatmeal Infant Cereal	4 TBSP IFI Oatmeal Infant Cereal
Water is accessible to all children throughout the day.						
PM Snack	Choose TWO: 	6-8oz IFI Formula or Breastmilk/ 2 WG Saltine Crackers/ 2 TBSP of Peaches	6-8 oz IFI Formula or Breastmilk/ 4 Cheese It's/ 2 TBSP Apple Sauce	6-8 IFI Formula or Breastmilk/ 4 TBSP of IFI Oatmeal Cereal/2 TBSP of Yams	6-8 oz IFI Formula or Breastmilk/ 1/2 of crusted Bread/ 2TBSP of squash	6-8oz IFI Formula or Breastmilk/ 2 WG Saltine Crackers/ 2 TBSP of Green Peas



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March 23-27, 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 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Breakfast		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 of Pears	2 TBSP of Bananas	2 TBSP of Pears	2 TBSP of Bananas	2 TBSP of Apple Suace
		4 TBSP IFI Oatmeal Infant Cereal	4 TBSP IFI Oatmeal Infant Cereal	4 TBSP IFI Oatmeal Infant Cereal	4 TBSP IFI Oatmeal Infant Cereal	4 TBSP IFI Oatmeal Infant Cereal
	Other					
Water is accessible to all children throughout the day.						
AM Snack		Water	Water	Water	Water	Water
			Gerber Applesauce		Gerber Peaches	
		Mashed Cheese		Graham Crackers		Ritz Crackers
Lunch		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 Black Beans	4TBSP of chicken Baby Food	4 TBSP of Beef Baby Food
		2 TBSP of carrots	2 TBSP of Green Beans	2 TBSP of yams	2 TBSP of carrots	2 TSBP of Green Beans
						
		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
Water is accessible to all children throughout the day.						
PM Snack	Choose TWO: 	6-8oz IFI Formula or Breastmilk/ 2 Ritz Crackers/ 2 TBSP Apple Sauce	6-8oz IFI Formula or Breastmilk/ 2 WG Saltine Crackers/ 2 TBSP Green Beans	6-8oz IFI Formula or Breastmilk/ 1/2 crusted Bread/ 2 TBSP Green Peas	6-8oz IFI Formula or Breastmilk/ 4 TBSP of Baby Oatmeal/ 2TBSP of Squash	6-8oz IFI Formula or Breastmilk/ 2 Ritz Crackers/ 2 TBSP Pears



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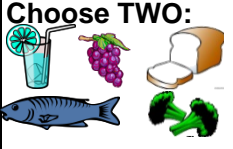
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March 30-31, 2020

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
		30	31			
Breakfast		6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk			
		2 TBSP of Bananas	2 TBSP Bananas			
		4 TBSP IFI Oatmeal Infant Cereal	4 TBSP IFI Oatmeal Infant Cereal			
	Other					
Water is accessible to all children throughout the day.						
AM Snack		Water	Water			
						
		Gerber Sweet Potato	Animal Crackers			
Lunch		6-8 oz IFI Formula or Breast Milk	6-8 oz IFI Formula or Breast Milk			
		4 TBSP of Beef Baby Food	4 TBSP Chicken Baby Food			
		2 TBSP of green Peas	2 TBSP Squash			
						
		4 TBSP IFI Rice Cereal	4 TBSP IFI Rice Cereal			
Water is accessible to all children throughout the day.						
PM Snack	Choose TWO: 	6-8oz IFI Formula or Breastmilk/ 1/2 crusted Bread/ 2 TBSP of squash	6-8oz IFI Formula or Breastmilk/ 4 TBSP Oatmeal/ 2 TSBP Pears			