

Arrowhead Head Start Menu: Infants 0 through 11 Months

Site:

Month/Year:

Food Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast & Lunch <u>Infants 0-5 Months:</u> 1) 4-6 fl. oz Breastmilk or IFIF <u>Infants 6-11 Months:</u> 1) 6-8 fl. oz Breastmilk or IFIF 2) 0-1/2 oz IFIC <u>or</u> 1-4 T meat, fish, poultry, whole egg, cooked dry beans/peas <u>or</u> 1-2 oz cheese <u>or</u> 0-4 oz cottage cheese <u>or</u> 0-4 oz yogurt <i>*A combination of items from this section is acceptable</i> 3) 0-2 T vegitable/fruit <i>B = Breakfast</i> <i>L = Lunch</i> <i>IFIF = Iron Fortified Infant Formula</i> <i>IFIC = Iron Fortified Infant Cereal</i>	B:	B:	B:	B:	B:
	L:	L:	L:	L:	L:
	B:	B:	B:	B:	B:
	L:	L:	L:	L:	L:
	B:	B:	B:	B:	B:
	L:	L:	L:	L:	L:
	B:	B:	B:	B:	B:
	L:	L:	L:	L:	L:
	B:	B:	B:	B:	B:
	L:	L:	L:	L:	L:

Food Components	Monday	Tuesday	Wednesday	Thursday	Friday
Snack <u>Infants 0-5 Months:</u> 1) 4-6 fl. oz Breastmilk or IFIF <u>Infants 6-11 Months:</u> 1) 2-4 fl. oz Breastmilk or IFIF 2) 0-1/2 oz equivalent bread <u>or</u> 1-1/4 oz equivalent crackers <u>or</u> 0-1/2 oz equivalent IFIC <u>or</u> 0-1/4 oz equivalent ready-to-eat breakfast cereal 3) 0-2 T vegetable/fruit					

- Infants are fed when they are hungry and not restricted to a schedule.
- Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
- Infant formula and dry cereal must be iron-fortified.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Solid food components are required when an infant is developmentally ready to accept it.
- Juice must NOT be served.
- All grains must be made with enriched or whole grain meal or flour. Ready-to-eat breakfast cereals & infant cereals that are fortified are also creditable.
- Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

This institution is an equal opportunity provider.