



Early Head Start offers a standard menu to all infants enrolled at this facility. Human milk is offered when provided by parent/guardian.

BIRTH TO 5 MONTHS

Breakfast, Lunch/Supper, and Snack: Human milk and/or iron-fortified infant formula.

6-11 MONTHS

Breakfast, Lunch/Supper:

1. Human milk and/or iron-fortified infant formula.
2. When developmentally ready, one or more of the following:
 - Infant cereal (dry infant cereal mixed with human milk and/or formula)
 - Variety of meats and poultry (cooked plain or from jar)
 - Fish (cooked plain, boneless)
 - Whole egg
 - Cooked dry beans/peas (cooked plain)
 - Cheese regular (plain, sliced thin or thin strips)
 - Cottage cheese
 - Yogurt
3. When developmentally ready, a variety of vegetables and/or fruits:
 - Applesauce
 - Bananas
 - Carrots
 - Green Beans
 - Mixed fruits
 - Mixed vegetables
 - Peaches
 - Peas
 - Pears
 - Potatoes/sweet potatoes
 - Squash

Snacks:

1. Human milk and/or iron-fortified infant formula.
2. When developmentally ready, one or more of the following:
 - Bread (small pieces of bread or toast)
 - Crackers (small pieces of unsalted plain crackers)
 - Infant cereal (dry infant cereal mixed with human milk and/or formula)
 - Ready-to-eat cereal
3. When developmentally ready, a variety of vegetables and/or fruits:
 - Applesauce
 - Bananas
 - Carrots
 - Green Beans
 - Mixed fruits
 - Mixed vegetables
 - Peaches
 - Peas
 - Pears
 - Potatoes/sweet potatoes
 - Squash