# Early Head Start Socialization Group Cycle Menu

## 12-Week Snack Menu

Upload completed menu and Special Diet List to [www.classes.earlylearningwa.org](http://www.classes.earlylearningwa.org) by the 5th of each month. See uploading instructions in *Menu and Special Diet List Upload Instructions*.

## Home-Based Program: _________________________  Menu Contact: ______________________________________  Class ID: ________________

<table>
<thead>
<tr>
<th>12 Months and Up</th>
<th>6 to 11 Months</th>
<th>0 to 5 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1 Date:</strong></td>
<td><strong>Week 2 Date:</strong></td>
<td><strong>Week 3 Date:</strong></td>
</tr>
<tr>
<td>Yogurt</td>
<td>Whole grain raisin bread</td>
<td>Black beans, Tomato w/ cheese</td>
</tr>
<tr>
<td>Whole grain crackers</td>
<td>Seasonal fresh or frozen fruit:</td>
<td>Whole Grain:</td>
</tr>
<tr>
<td>Seasonal fresh or frozen fruit:</td>
<td></td>
<td>Water</td>
</tr>
<tr>
<td>_____________________</td>
<td>_____________________</td>
<td>_____________________</td>
</tr>
<tr>
<td>Water</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **12 Months and Up**
  - Review *Food Introduction Record* and serve foods according to each infant’s developmental readiness
  - Record foods and breastmilk or infant formula offered on *Daily Infant Meal Record*.
  - Staff support parents with the introduction of foods.
  - Staff encourage parents to mash, dice, chop, or slice infant’s food as needed.

- **6 to 11 Months**
  - Record breastmilk or infant formula offered on *Daily Infant Meal Record*.
  - Breakfast 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 later (if the infant will consume more).
  - Infant formula and dry infant cereal must be iron-fortified.

- **0 to 5 Months**
  - 12-24 months serve whole milk
  - Over 24 months serve skim or 1% milk
  - Make water accessible during socialization groups and provide with snack if not serving milk
  - Purchase low or reduced sodium products
  - Purchase whole grain bread/cereal products for children
  - List type of fresh or frozen fruits

### 1-2-year-old snack requires a minimum of 2 components:

#### Components
- Milk
- Meat/meat alternative
- Vegetable and/or fruit
- Grain/bread

#### Serving Size (1-3 years)
- ½ cup
- ½ ounce
- ½ cup total
- ½ slice

Revised 09/11/2019

10.003.37
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### 12 Months and Up

- **Week 5 Date:** __________
  - Applesauce
  - Whole wheat graham crackers
  - Water

- **Week 6 Date:** __________
  - Whole wheat pancakes or waffles
  - Sunflower seed butter (spread thinly)
  - Seasonal fresh or frozen fruit: ________________________________
  - Water

- **Week 7 Date:** __________
  - Seasonal fresh or frozen fruit: ________________________________
  - Cottage cheese
  - Whole grain crackers
  - Water

- **Week 8 Date:** __________
  - Bananas or other seasonal fresh or frozen fruit: ________________________________

### 6 to 11 Months

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### 0 to 5 Months

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<tr>
<td><strong>Components</strong></td>
</tr>
<tr>
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</tr>
<tr>
<td>- Meat/meat alternative</td>
</tr>
<tr>
<td>- Vegetable and/or fruit</td>
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<th>Week 10 Date: ________________</th>
<th>Week 11 Date: ________________</th>
<th>Week 12 Date: ________________</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>12 Months and Up</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole grain cheese quesadilla</td>
<td>Whole grain bread</td>
<td>Cottage cheese</td>
<td>Whole grain muffins</td>
</tr>
<tr>
<td>Colby/cheddar cheese (grated)</td>
<td>Sunflower seed butter (spread thinly)</td>
<td>Whole grain bread triangles</td>
<td>Seasonal fresh or frozen fruit:</td>
</tr>
<tr>
<td>Refried beans</td>
<td>Seasonal fresh or frozen fruit:</td>
<td>Water</td>
<td>______________________________</td>
</tr>
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