

WINTER MENU CYCLE - AGES INFANTS 6 - 11 MONTHS * 2024 FEBRUARY * MARCH * APRIL * MAY											
2024 FEBRUARY					WEEK #1						
MON	TUE	WED	THU	FRI	MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK #1	5	6	7	8	9	BREAKFAST	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)
WEEK #2	12	13	14	15	16	BREAKFAST	2 oz. Iron fortified Infant Cereal 1 oz. Peach Puree	4 oz. Cup Cottage Cheese 1 oz. Baked Pears	2 oz. Smoked Turkey Strips 1 oz. Mashed Bananas	2 oz. Iron fortified Infant Cereal 4 oz. Cup Applesauce	2 Squares Cheddar Cheese = 2 oz. 1 oz. Roasted Potatoes
WEEK #3	19	20	21	22	23	AM SNACK	Milk: 6-11 months (2-4 oz.)	Milk: 6-11 months (2-4 oz.)	Milk: 6-11 months (2-4 oz.)	Milk: 6-11 months (2-4 oz.)	Milk: 6-11 months (2-4 oz.)
WEEK #4	26	27	28	29	1-Mar	AM SNACK	4 Thin Strips WGR Pita = 1/2 oz. 4 oz. Cup Applesauce	1 Pkg. Strawberry Yogurt Chex 1 oz. 1 oz. Chopped Mandarin Oranges	1 oz. WGR Cheese Goldfish Crackers 4 oz. Cup Diced Peaches	4 Thin Strips WGR Pita = 1/2 oz. 1 oz. Cucumber Strips	1 Pkg. Strawberry Yogurt Chex 1 oz. Cooked Apples
2024 MARCH					WEEK #2						
WEEK #1	4	5	6	7	8	LUNCH	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)
WEEK #2	11	12	13	14	15	LUNCH	2 oz. Diced Tikka Masala 1 oz. Roasted Cauliflower Puree	2 oz. Diced Grilled Cheese Sandwich 1 oz. Veggie Mash (Cabbage, Carrot, Onion, Celery)	2 oz. Diced Chicken & Gravy 1 oz. Buttermilk Mashed Potato	2 oz. Diced Citrus Glazed Salmon 1 oz. Garlic Broccoli	2 oz. Smoked Turkey Slices 2/Cheese Sauce 1 oz. Roasted Root Vegetables
WEEK #3	18	19	20	21	22	PM SNACK	Milk: 6-11 months (2-4 oz.)	Milk: 6-11 months (2-4 oz.)	Milk: 6-11 months (2-4 oz.)	Milk: 6-11 months (2-4 oz.)	Milk: 6-11 months (2-4 oz.)
WEEK #4	25	26	27	28	29	PM SNACK	2 Cheese Crackers = 1/4 oz. 1 oz. Cucumber Strips	4 Thin Strips Enriched Garlic Naan 1 oz. Chopped Roasted Cauliflower, Onions & Peppers	1 oz. WGR Granola Bites 1 oz. Pear Puree	1/2 WGR Slider Roll = 1/2 oz. 1 oz. Roasted Winter Squash	1 Pkg Vanilla Crackers = 1 oz. 4 oz. Cup Strawberry Applesauce
2024 APRIL					WEEK #3						
WEEK #1	1	2	3	4	5	BREAKFAST	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)
WEEK #2	8	9	10	11	12	BREAKFAST	4 oz. Cup Cottage Cheese 1 oz. Diced Apples	4 oz. Cup Vanilla Yogurt 1 oz. Cooked Cinnamon Pears	2 oz. Cheese Grits (4 Tbsp.) 1 oz. Tropical Fruit	2 oz. Egg Frittata w/Potatoes 1oz. Sautéed Spinach	4 oz. Cup Vanilla Yogurt 1 oz. Cooked Pears
WEEK #3	15	16	17	18	19	AM SNACK	Milk: 6-11 months (2-4 oz.)	Milk: 6-11 months (2-4 oz.)	Milk: 6-11 months (2-4 oz.)	Milk: 6-11 months (2-4 oz.)	Milk: 6-11 months (2-4 oz.)
WEEK #4	22	23	24	25	26	AM SNACK	1 Pkg. Strawberry Yogurt Chex = 1 oz. 1 oz. Chopped Mandarin Oranges	1 Pkg. Vanilla Crackers = 1 oz. 4 oz. Cup Apple Sauce	2 oz. Multigrain Cheerios 4 oz. Cup Mandarin Oranges	2 oz. Granola Bites 1 oz. Mashed Banana	1 Pkg. Strawberry Yogurt Chex Mix = 1 oz. 1 oz. Diced Apples
2024 MAY					WEEK #4						
WEEK #1	29-Apr	30-Apr	1	2	3	LUNCH	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)
WEEK #2	6	7	8	9	10	LUNCH	2 oz. Turkey Meatballs 1 oz. Broccoli	2 oz. White Beans 1 oz. Carrots	2 oz. Diced Chicken w/Cheese 1 oz. Corn	2 oz. Diced Salmon 1 oz. Sautéed Mixed Greens	2 oz. Ground Beef & Cheese 1 oz. Mashed Sweet Potatoes
WEEK #3	13	14	15	16	17	PM SNACK	Milk: 6-11 months (2-4 oz.)	Milk: 6-11 months (2-4 oz.)	Milk: 6-11 months (2-4 oz.)	Milk: 6-11 months (2-4 oz.)	Milk: 6-11 months (2-4 oz.)
WEEK #4	20	21	22	23	24	PM SNACK	3 Tostito Scoops = 1/4 oz. 1 oz. Baby Carrots	1 oz. WGR Stuffed Bagel Bites 3 Slices Oranges 1.5 oz.	1 Pkg. Vanilla Crackers = 1 oz. 1 oz. Mashed Banana	1 oz. Granola Bites 4 oz. Cup Applesauce	6 WGR Cheez-It Crackers = 1/4 oz. 1 oz. Diced Pears
WEEK #1	Closed	28	29	30	31	PM SNACK	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)	Milk: 6-11 months (6-8 oz.)
Meal Components and Serving Sizes for Ages 6-11 Months											
<p>BREAKFAST (One Serving From All Three Components)</p> <p>1. Milk-Fluid 6-11 Months: Breast Milk [1] or Iron-Fortified Infant Formula (IFIF) = 6-8 oz.</p> <p>2. Iron-Fortified Infant Cereal (IFIC) [2,3] = 0-4 Tbsp. (2 oz.) or Meat, Fish Poultry, Whole Eggs = 0-4 Tbsp. (2 oz.) or Cooked Dried Beans or Peas [3] = 0-4 Tbsp. (2 oz.) or Cheese = 2 oz.; Cottage Cheese = 0-4 oz., or Yogurt = 0-4 oz. (½ cup) [3,4] or a combination of the above</p> <p>3. Fruit or Vegetable = 0-2 Tbsp. (1 oz.) or a combination of both [3,5]</p>											
<p>AM SNACK (One Serving From All Three Components)</p> <p>1. Milk-Fluid 6-11 Months: Breast Milk [1] or Iron-Fortified Infant Formula (IFIF) = 2-4 oz.</p> <p>2. Sliced Bread = 0 - ½ slice (½ oz.) [3,6] or Crackers = 0-2 (1/4 oz.) [3,6] or Iron-Fortified Infant Cereal (IFIC) [2] or Ready-to-eat breakfast cereal = 0-4 Tbsp. (2 oz.) [3,5,7]</p> <p>3. Fruit or Vegetable = 0-2 Tbsp. (1 oz.) or a combination of both [3,5]</p>											
<p>LUNCH (One Serving From All Three Components)</p> <p>1. Milk-Fluid 6-11 Months: Breast Milk [1] or Iron-Fortified Infant Formula (IFIF) = 6-8 oz. [1,2]</p> <p>2. Iron-Fortified Infant Cereal (IFIC) [2,3] = 0-4 Tbsp. (2 oz.) or Meat, Fish Poultry, Whole Eggs = 0-4 Tbsp. (2 oz.) or Cooked Dried Beans or Peas [3] = 0-4 Tbsp. (2 oz.) or Cheese = 0-2 oz.</p> <p>3. Fruit or Vegetable = 0-2 Tbsp. (1 oz.) or a combination of both [3,5]</p>											
<p>PM SNACK (One Serving From All Three Components)</p> <p>1. Milk-Fluid 6-11 Months: Breast Milk [1] or Iron-Fortified Infant Formula (IFIF) = 2-4 oz. [1,2]</p> <p>2. Sliced Bread = 0 - ½ slice (½ oz.) [3,6] or Crackers = 0-2 (1/4 oz.) [3,6] or Iron-Fortified Infant Cereal (IFIC) [2] or Ready-to-eat breakfast cereal = 0-4 Tbsp. (2 oz.) [3,5,7]</p> <p>3. Fruit or Vegetable = 0-2 Tbsp. (1 oz.) or a combination of both [3,5]</p>											
<p>For more detail on Meal Pattern requirements, please refer to CACFP Agreement, A Planning Guide for Food Service in Child Care Centers</p> <p>*Fruits and vegetables are fresh when available unless noted otherwise.</p> <p>*Dried Fruit is half the fresh fruit serving. *Water is always provided.</p> <p>*WGR=Whole Grain-Rich product must be served at least once a day per CACFP guidelines. *Yogurt must contain no more than 23 grams of sugar per 6 ounces</p> <p>*Breakfast cereals must contain no more than 6 grams of sugar per dry ounce</p> <p>1.Breastmilk or IFIF or portions of both must be served: it is recommended that breastmilk be served in place of formula from birth through 11 months</p> <p>2.Infant formula & dry infant cereal must be iron fortified</p> <p>3.A serving of this component is required when the infant is developmentally ready to accept it</p> <p>4.Yogurt must contain no more than 23 grams of total sugars per 6 ounces</p> <p>5.Fruit & vegetable juices including 100% juices are not allowed for infants</p> <p>6.Grains must be one of the following: Enriched Meal, Enriched Flour with Invariant Wheat Gluten (MFR), or Enriched Flour with Invariant Wheat Gluten (MFR)</p> <p>7.Breakfast cereals must contain no more than 6 grams of sugar per dry ounce</p> <p>*Infants should be fed on demand and should not be restricted to a rigid feeding schedule</p> <p>*The amounts listed are the minimum serving sizes to meet meal pattern requirements</p> <p>*Sponsors must offer to provide at least one reimbursable iron-fortified infant formula (IFIF)</p> <p>*Beginning 10/1/2021 ounce equivalents will be used to determine the quantity of creditable grains</p> <p>*Fresh fruit when available (1 oz. fresh or 4oz. Pre-packaged Cups when available)</p> <p>I certify that the meals served to children in each age group at the site meet the Child Care Food Program Requirements.</p> <p>Head Cook Signature: <i>Matthew Ferry</i></p> <p>Children's Village Kitchen Policy</p> <p>In the Planning of meal substitutions, the kitchen staff makes every effort to duplicate food appearance and taste.</p> <p>Gluten Free Substitutions:</p> <p>Brown Rice: Jasmine Rice: Rice Noodles: Potatoes: Mushroom (Portabella & Button): Gluten-free pancakes: Gluten-free waffles & breads.</p> <p>Vegetarian Substitutions:</p> <p>Gardenburgers: Vegetarian meatballs: Vegetarian pot stickers: Fresh fish including shrimp: Frozen & fresh vegetables & fruits. Specific allergies are dealt with on an individual basis according to the child's personal dietary requirements.</p>											
<p>BREAKFAST</p> <p>Milk: 6-11 months (6-8 oz.)</p> <p>2 oz. Iron fortified Infant Cereal 1 oz. Mashed Banana</p>											
<p>AM SNACK</p> <p>Milk: 6-11 months (2-4 oz.)</p> <p>1 Pkg Strawberry Yogurt Chex Mix = 1 oz. 1 oz. Diced Fresh Pineapples (2 Tbsp.)</p>											
<p>LUNCH</p> <p>Milk: 6-11 months (6-8 oz.)</p> <p>2 oz. Diced Orange Chicken 1 oz. Broccoli</p>											
<p>PM SNACK</p> <p>Milk: 6-11 months (2-4 oz.)</p> <p>1 oz. WGR Baked Tostitos 1 oz. Steamed Carrots</p>											
<p>BREAKFAST</p> <p>Milk: 6-11 months (6-8 oz.)</p> <p>2 oz. Scrambled Eggs 1 oz. Roasted Potatoes w/Peppers & Onions</p>											
<p>AM SNACK</p> <p>Milk: 6-11 months (2-4 oz.)</p> <p>1 Pkg Vanilla Crackers = 1 oz. 4 oz. Cup Apple Sauce</p>											
<p>LUNCH</p> <p>Milk: 6-11 months (6-8 oz.)</p> <p>2 oz. Black Beans 1 oz. Steamed Carrots</p>											
<p>PM SNACK</p> <p>Milk: 6-11 months (2-4 oz.)</p> <p>1 oz. WGR Stuffed Bagel Bites 3 Orange Slices = 1 oz.</p>											
<p>BREAKFAST</p> <p>Milk: 6-11 months (6-8 oz.)</p> <p>2 oz. Cheese Grits 1 oz. Sautéed Spinach</p>											
<p>AM SNACK</p> <p>Milk: 6-11 months (2-4 oz.)</p> <p>1/4 oz. Multigrain Cheerios 4 oz. Cup Mandarin Oranges</p>											
<p>LUNCH</p> <p>Milk: 6-11 months (6-8 oz.)</p> <p>2 oz. Zesty Lemon Herb Flounder 1 oz. peas & Carrots</p>											
<p>PM SNACK</p> <p>Milk: 6-11 months (2-4 oz.)</p> <p>1 oz. Granola Bites 4 oz. Cup Peaches packed in water & pear juice</p>											
<p>BREAKFAST</p> <p>Milk: 6-11 months (6-8 oz.)</p> <p>4 oz. Cup Cottage Cheese 1 oz. Tropical Fruit</p>											
<p>AM SNACK</p> <p>Milk: 6-11 months (2-4 oz.)</p> <p>1 oz. Granola Bites 1 oz. Mashed Banana</p>											
<p>LUNCH</p> <p>Milk: 6-11 months (6-8 oz.)</p> <p>2 oz. Turkey Salad 1 oz. Mashed Potatoes</p>											
<p>PM SNACK</p> <p>Milk: 6-11 months (2-4 oz.)</p> <p>1/4 WGR Pita = 1/2 oz. (4 Thin Slices) 4 oz. Cup Mixed Fruit packed in water & pear juice.</p>											