



EHS Socialization Group Cycle Menu

12 Week Snack Menu

EHS Program: _____

Menu Contact: _____

Child+ Code: _____

Send completed menu and *Special Diet List*, by the 5th of each month, to PSESD.

See instructions on *Special Diet List* for menu submission.



**12 Months
and up**

Week 1 Date: _____

Yogurt
Whole Grain Crackers

(seasonal fresh or frozen fruit)
Water

Week 2 Date: _____

Whole Grain Raisin Bread

(seasonal fresh or frozen fruit)
Water

Week 3 Date: _____

Black Beans, Tomato w/Cheese

(Whole Grain)
Water

Week 4 Date: _____

Colby Cheese Slices
Whole Wheat Crackers
Water

**6 to 12
months**

Review **Food Introduction Record** and serve foods according to each infant’s developmental readiness
Record Breastmilk or Infant Formula offered” 2—4 fluid ounces per snack
Record foods offered on Daily Infant Meal Record (DIMR): 0—2 T Fruit/Vegetable + 0—4 T cereal or 0—1/2 slice bread or 0—2 crackers
Staff support parents with the introduction of foods
Staff encourage parents to mash, dice, chop, or slice infant’s food as needed

**0 to 5
months**

Record Breastmilk or Infant Formula offered on Daily Infant Meal Record (DIMR): 4—6 ounces per snack or meal
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 later (if the infant will consume more).
Infant formula and dry infant cereal must be iron-fortified.

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.
List type of fresh or frozen fruits.

1—2 year old snack requires a minimum of two components:

Components	Serving Size (1-3 years)
Milk	1/2 cup
Meat/Meat Alt.	1/2 ounce
Vegetable and/or fruit	1/2 cup total
Grain/bread	1/2 slice



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Week 5 Date: _____

Applesauce
Whole Wheat Graham Crackers
Water

Week 6 Date: _____

Whole Wheat Pancakes or Waffles
Sunflower Seed Butter

(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 _____
(seasonal fresh or frozen fruit)
Applesauce Yogurt Dip
Water

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Week 9 Date: _____

Whole Grain Cheese Quesadilla
Colby/Cheddar Cheese (grated)
Refried Beans
Water

Week 10 Date: _____

Whole Grain Bread
Sunflower Seed Butter (*Spread Thinly*)

(*seasonal fresh or frozen fruit*)
Water

Week 11 Date: _____

Cottage Cheese*
Whole Grain Bread Triangles
Water

Week 12 Date: _____

Whole Grain Muffins

(*seasonal fresh or frozen fruit*)
Water

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