

An Equal Opportunity Provider
Wood County Head Start
MENU 2016-2017

***ALT: (Infants & Toddlers) When infants on formula or breast milk are developmentally ready are provided with Infant Cereal by itself or w/fruit &/or vegetables as well as some of the menu items. Peanut butter as well as some other foods are not fed to infants under 1 year according to Wisconsin State Licensing.**

Week 1 February 27th – March 3rd

Feb 27 Monday -	Breakfast:*Cereal, Fruit, Milk Lunch:*Chicken Fajita Strips, Softshell, Cheese, Lettuce, Salsa, Applesauce, Milk Snack:*Cheese and Crackers, Milk
I/T ONLY	
Feb 28 Tuesday -	Breakfast:*Cinnamon Toast, Peaches, Milk Lunch:*Macaroni & Cheese Bake, Hot Ham & Cheese on a Pretzel Bun, Broccoli, Fruit Salad, Milk Snack:*Graham Crackers, Peanut Butter, Milk
Mar 1 Wednesday -	Breakfast:*Cereal, Bananas, Milk Lunch:*Turkey w/ Gravy, Wheat Bread, Mashed Potatoes, Green Beans, Mandarin Oranges, Milk Snack:*Trail Mix w/ Goldfish, 100% Juice Slush Cup, Milk
Mar 2 Thursday-	Breakfast:*French Toast, Strawberries, Milk Lunch:*Cheese Ravioli/Tortellini w/ Meatsauce, Breadstick, Corn, Apples, Milk Snack:*Peanut Butter & Jelly Sandwich, Milk
Mar 3 Friday -	Breakfast:*Hot Cereal, Oranges, Milk Lunch:*Chicken Nuggets, Rice Pilaf, Veggies & Dip, Mixed Fruit, Milk Snack:*Yogurt Parfaits (Granola, Mixed Berries, Yogurt), Milk

Water is provided throughout the day and at every meal

Menu is subject to change

Condiments Available: Butter; Jelly; Peanut Butter; Ketchup; Syrup; etc.

*** Infants and Toddlers will be fed "on demand" according to their own feeding patterns and what is developmentally right for each child*

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Week 2 March 6th – March 10th

Mar 6 Monday -	Breakfast:*Cereal, Fruit, Milk
I/T ONLY	Lunch:*English Muffin Pizzas, Breadstick, Mixed Vegetables, Oranges, Milk
	Snack:*Toast, Peanut Butter/Jelly, Milk

Mar 7 Tuesday - Breakfast:*Pancakes, Baked Cinnamon Apples, Milk
Lunch:*Chicken and Cheese Quesadillas, Tator Tots, Veggies & Dip, Peaches, Milk
Snack:*Cereal Bar, Milk

Mar 8 Wednesday - Breakfast:*Fruit Muffin/Squares, Blueberries, Milk
Dr. Seuss Day
West Center
Lunch:*Spaghetti w/ Meat Sauce, Cottage Cheese, Garlic Bread, Green Beans, Fruit Salad, Milk
Snack:*Gold Fish Crackers, Cheese Cubes, Milk or 100% Juice

Mar 9 Thursday - Breakfast:*Cereal, Bananas, Milk
Lunch:*Turkey & Cheese Sub, Lettuce/Tomato, Sweet Potato Fries, Apples, Milk
Snack:*Bagels, Peanut Butter, Milk

Mar 10 Friday - Breakfast:*Breakfast Burrito (Egg, Shredded Cheese, Salsa, Tortilla), Pineapple, Milk
Lunch:*Baked Fish, Wheat Bread, Au Gratin Cheesy Potatoes, Peas, Mixed Fruit, Milk
Snack:*Cereal, Bananas, Milk

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Week 3 March 13th – March 17th

Mar 13 Monday - ***No Infant and Toddler Classes***

Mar 14 Tuesday - Breakfast:*Waffles, Strawberries, Yogurt, Milk
Lunch:*Chicken Enchiladas, Rice, Corn, Fruit Salad, Milk
Snack:*(*Fishing*) Straight Pretzels, Gold Fish, Peanut Butter, Milk

Mar 15 Wednesday - Breakfast:*Cereal, Bananas, Milk
Lunch:*Beef Tips in Gravy, Buttered Noodles, Wheat Roll, Squash, Apples, Milk
Snack:*Chocolate Chip Muffin/Squares, Milk

Mar 16 Thursday - Breakfast:*French Toast, Peaches, Milk
Lunch:*Tomato Soup, Ham, Grilled Cheese Sandwich, Veggies & Dip, Oranges, Milk
Snack:*Breadsticks & Marinara Dipping Sauce, Milk or 100% Juice

Mar 17 Friday - Breakfast:*Cereal, Fruit Mix, Milk
Lunch:*BBQ, Bun, Cheese Slices, Scalloped Potatoes, Green Beans, Pears, Brownie, Milk
Snack:*Vanilla Wafers, Bananas, Milk

Dad's/Grandpa's Day
Marshfield Center

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Week 4 March 20th – March 24th (SPRING BREAK WEEK – Marshfield Center Off Only**)**

Mar 20 Monday - Breakfast:*Cereal, Fruit, Milk

I/T ONLY

Lunch:*Chicken Alfredo Pasta, Cheesy Garlic Bread, California Vegetables, Fruit Cocktail, Milk

Snack:*Pretzels, String Cheese, Milk

Mar 21 Tuesday - Breakfast:*Bagels, Peanut Butter, Oranges, Milk

Lunch:*Cheese/Meat Pizza, Cottage Cheese, Veggies & Dip, Peaches, Milk

Snack:*Animal Crackers and Yogurt Dip, Milk

Mar 22 Wednesday - Breakfast:*Fruit Muffins/Squares, Applesauce, Milk

**Mom's/Grandma's
West Center**

Lunch:*Breaded Chicken Tenders, Wheat Roll, Cheesy Hash Browns, Peas, Fruit Salad, Milk

Snack:*Soft Pretzels w/ Cheese Sauce, Milk or 100% Juice

Mar 23 Thursday - Breakfast:*Chunky Monkey Pancakes (w/Bananas, Peanut Butter, Chocolate Chips), Milk

**Mom's/Grandma's
Biron Center**

Lunch:*Egg Salad/Tuna Salad, Wheat Bread, Cheese Slices, Potato Smiles, Mandarin Oranges, Milk

Snack:*Crackers/Corn Tortilla Chips & Salsa, Milk

Mar 24 Friday- Breakfast:*Cereal, Fruit Mix, Milk

Lunch:*Shredded Pork Fajitas, Softshell, Shredded Cheese, Lettuce/Salsa, Corn, Apples, Milk

Snack:*Crackers, Cheese, Milk

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Week 5 March 27th – March 31st **SPRING BREAK WEEK – Biron, West Centers & Infant/Toddler*

****Marshfield Center in session Only****

Mar 27 Monday - Breakfast:*Cereal, Fruit, Milk
Snack:*Pretzels, String Cheese, Milk or 100% Juice

**Mfld 4K
ONLY**

Mar 28 Tuesday - Breakfast:*Bagels, Peanut Butter, Oranges, Milk
Lunch:*Cheese/Meat Pizza, Cottage Cheese, Veggies & Dip, Peaches, Milk
Snack:*Animal Crackers and Yogurt Dip, Milk

Mar 29 Wednesday - Breakfast:*Muffins, Applesauce, Milk
Lunch:*Breaded Chicken Tenders, Wheat Roll, Cheesy Hash Browns, Peas, Fruit Salad, Milk
Snack:*Soft Pretzels w/ Cheese Sauce, Milk or 100% Juice

Mar 30 Thursday - Breakfast:*Chunky Monkey Pancakes (w/Bananas, Peanut Butter, Chocolate Chips), Milk
Lunch:*Egg Salad/Tuna Salad, Wheat Bread, Cheese Slices, Potato Smiles, Mandarin Oranges, Milk
Snack:*Crackers/Corn Tortilla Chips & Salsa, Milk

Mar 31 Friday- Breakfast:*Cereal, Fruit Mix, Milk
Lunch:*Shredded Pork Fajitas, Softshell, Shredded Cheese, Lettuce/Salsa, Corn, Apples, Milk
Snack:*Crackers, Cheese, Milk

**No Mfld 4K
Class**

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Iron and Your Child

What is Iron? Iron is an essential mineral and the major reason we need it is to transport oxygen throughout the body. Iron is an important component of hemoglobin, the substance in red blood cells that carries oxygen from your lungs to transport it throughout your body. Hemoglobin represents about two-thirds of the body's iron. Iron has other important functions, too. Iron is also necessary to maintain healthy cells, skin, hair and nails. Iron also contributes to learning and problem solving so it's important for children and teens to get enough iron in their daily diets.

How Much Iron Do Children Need? Children require different amounts of iron at various ages and stages. Here's how much they should be getting as they grow:

If your baby is less than 6 months of age, he/she probably has enough iron. Babies are usually born with sufficient iron stores to last them for about the first 4-6 months of age, when iron-fortified cereal is usually introduced. There are some exceptions: If your baby was born preterm or small for his/her age, he/she may have been born with lower iron stores, in which case your pediatrician will usually prescribe iron drops for your baby. In addition to the iron your child is using from his/her iron stores; he/she will also get some iron from breast milk or formula during the first six months. Breast milk doesn't contain much iron, but infants are very efficient at absorbing it. If your baby is drinking iron-fortified formula, he/she is getting enough iron. There are some "low iron" formulas on the market, so make sure yours is not one of them.

Around 6 months of age, the iron stores are depleted, and your 6- to 12-month-old baby needs to be consuming about **11 mg of iron per day**. Babies younger than 1 year should be given iron-fortified cereal in addition to breast milk or an infant formula supplemented with iron.

Toddlers (1-3 years) need **7 mg of iron per day**. Toddlers don't require as much iron as babies, because toddlers don't grow quite as fast. Children ages 4-8 years need **10 mg of iron per day** and children ages 9-13 years need **8 mg of iron per day**.

What's Iron Deficiency? If you don't have enough iron, your body can't make enough healthy oxygen-carrying red blood cells. A lack of red blood cells is called iron deficiency anemia. Iron deficiency is the most common nutrient deficiency worldwide, and can be a problem for some infants and children in the U.S. In fact, 7% of 1-2 year old children and 5% of 3-5 year old children in the U.S. are iron deficient.

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After 12 months of age, toddlers are at risk for iron deficiency because they no longer drink iron-fortified formula and may not be eating iron-fortified infant cereal or enough other iron-containing foods to make up the difference.

Drinking a lot of cow's milk (more than 24 fluid ounces every day) can also put a toddler at risk of developing iron deficiency. Here's why:

- Milk is a low source of iron.
- Children, especially toddlers, who drink a lot of milk, may be less hungry and less likely to eat iron-rich foods.
- Milk also decreases the absorption of iron.

Many people with iron-deficiency anemia don't have any signs and symptoms because the body's iron supply is depleted slowly. But as the anemia progresses, some of these symptoms may appear:

- Fatigue and weakness
- Pale skin and mucous membranes
- Rapid heartbeat or a new heart murmur (detected in an exam by a doctor)
- Irritability
- Decreased appetite
- Dizziness or a feeling of being lightheaded

If your child has any of these symptoms, talk to your doctor, who might do a simple blood test to look for iron-deficiency anemia and may prescribe iron supplements. **However, because excessive iron intake can also cause health problems, you should never give your child iron supplements without first consulting your doctor.**

Good sources of iron include:

- Lean red meat
- Dark poultry
- Whole and enriched grains
- Green leafy vegetables
- Dried Fruits
- Beans and peas

What is the difference between Enriched and Fortified? Both terms mean that nutrients have been added to make the food more nutritious. Enriched means nutrients that were lost during food processing have been added back. An example is flour and the restored nutrients include iron and B vitamins (folic acid, riboflavin, niacin, and thiamine). Fortified means vitamins or minerals have been added to a food that weren't originally in the food. An example is adding vitamin D to milk. The purpose of enriching flour is to replenish the nutrients in the flour to match the nutritional status of the unrefined product. Try enriched grain products, such as rolls, bread, crackers, bagels and pasta made with enriched flour.

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Ways to increase iron in your baby's diet:

Love your iron-fortified cereals! Continue serving iron-fortified cereal until your child is 18-24 months old. If your child doesn't like the baby cereals (even after trying several varieties), try the regular fortified cereals like Oatmeal, Cream of Wheat, and Malt-o-Meal as an option. This doesn't have as much iron as baby cereals, but they are still a good source. Look for cereals that state in the Nutrition Facts label that they provide at least 45% of the daily value for iron. Note that if the cereal is not made specifically for babies, this refers to the adult requirement and an adult-sized serving, but it is still an indicator that the cereal is fortified with iron. If your child will eat dry cereals, such as Cheerios, these are usually fortified as well. Unfortunately, many of the "natural" cereal brands are not fortified, so double-check the labels again for that 45% of daily value.

Cook with fortified cereals. Try making pancakes using all of the many varieties of baby cereal that your child may have refused to eat the conventional way (See attached pancake recipe). The recipe makes about 24, 2-inch pancakes, and when you tally up the iron sources (baby cereal, flour, egg yolks) you end up with 1.25 mg iron per pancake. Use water in the recipe instead of milk to avoid the inhibiting effect of dairy on iron absorption. Add blueberries as another good source of Iron. Make a big batch and then freeze them in baggies of 3-4 so it is easy to pull out a serving to thaw. Also, consider mixing some baby cereal into savory foods like meatballs.

Include a source of vitamin C. Several studies have shown that including vitamin C in a meal can at least double the absorption of iron. Some sources of vitamin C include citrus, strawberries, cantaloupe, kiwifruit, raspberries, broccoli, bell peppers, tomatoes and potatoes. Pair a good source of vitamin C with meals containing cereals and beans to maximize the iron your child absorbs from those foods.

Limit dairy with meals. The calcium in cow's milk inhibits iron absorption, so avoid feeding dairy with high-iron meals. Instead, feed cheese and yogurt as a between-meal snack. The calcium in cheese and yogurt is good for your child, but separating it from a meal means that it is less likely to interfere with his/her iron absorption. Limit their milk intake to about 16-24 fluid ounces (473-710 milliliters) a day. And above all, don't give your baby cow's milk before age 1 – stick with either breast milk or an iron-fortified formula.

Introduce a variety of iron-rich foods, including grains, meats, beans, and veggies. It is hard to get all the iron required from just one source, so make sure your child has an opportunity to eat a variety of foods throughout the day. And remember that you may have to offer a food to your baby 5 or 6 times before he/she will really eat it, so keep trying.

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Try this Baby Cereal Pancakes Recipe for a Breakfast, Lunch, Dinner or Snack for Baby and the Whole Family too!

Baby Cereal Pancakes are great for using up any leftover commercial baby cereal and a great source of Iron.

Baby Cereal Pancakes Recipe

1 cup whole wheat flour (this will make a dense pancake; you can use 1 1/2 cups of all-purpose flour if you prefer)

1/2 cup uncooked commercial baby barley cereal from the box (or rice commercial baby cereal)

1/2 cup uncooked commercial baby oatmeal cereal from the box

1 cup formula (or another liquid such as milk/water)

1/2 cup mashed banana (or fruit of your choice)

1 Tbs melted margarine or butter

3 egg yolks

apple juice (about 1/2 cup) or use water if you prefer

Add cinnamon, nutmeg, dash of vanilla or other flavorings if you wish.

Mix all ingredients together and add enough juice to make pancake consistency. Cook on your cook top in a frying pan as you would with "regular" pancakes. Cooking these baby cereal pancakes on a griddle will work better as you will have more control over the temperature and will be better able to keep the temperature at a constant heat.

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