

SHASTA HEAD START 1-5 Year Old Menu 2016-2017	Monday	Tuesday	Wednesday	Thursday	Friday
	7/4, 8/15, 9/26, 11/7, 12/19, 1/30, 3/13, 4/24, 6/5	7/5, 8/16, 9/27, 11/8, 12/20, 1/31, 3/14, 4/25, 6/6	7/6, 8/17, 9/28, 11/9, 12/21, 2/1, 3/15, 4/26, 6/7	7/7, 8/18, 9/29, 11/10, 12/22, 2/2, 3/16, 4/27, 6/8	7/8, 8/19, 9/30, 11/11, 12/23, 2/3, 3/17, 4/28, 6/9

Meal Pattern Week 1	
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Breakfast					
Juice, Fruit or Vegetable (GLOW)	Apricots (A)	Peaches	Apple Slices OR Applesauce	Warmed Berries (C)	Mixed Fruit
Cereal or Bread (GO)	Wheat Chex	Oatmeal	Fruit Rounds	Warm Whole Wheat Waffles OR Pancakes	Toasted Whole Wheat Bread with fruit spread
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra					Scrambled Eggs

Lunch					
Meat/Meat Alternate (GROW)	Tuna Sandwich Or Casserole	Taco Tuesday Build your own Southwestern Beef Taco	Macaroni & Cheese W Ham	Vegetarian Split Pea and Lentil Soup	Turkey Sandwich Or Ground Turkey Pasta Casserole Or Pasta Salad
Vegetable (GLOW)	Carrots Sticks Or Peas & Carrots(A)	Shredded Cabbage and Corn Salsa (C)	Mixed Vegetables (A)	Cooked Carrots (A)	Broccoli (C)
Fruit (GLOW)	Honeydew Melon(C)	Mango (A&C)	Kiwi (C)	Strawberries (C)	Oranges
Bread/Bread Alternate (GO)	Whole Wheat Bread OR Crackers OR Pasta	Corn Tortilla	Pasta	Whole Wheat Roll	Whole Wheat Bread OR Bowties Pasta
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra					Low Fat Dip

P.M. Snack					
Meat/Meat Alternate (GROW)	Banana	Pineapple (C) Whole Wheat Bagel with cream cheese	Cheerios Whole-1% Milk	Cantaloupe Slices (A&C) Whole Wheat Cheesy Bread	Cheese Stick Crackers
Vegetable, Fruit or Juice (GLOW)					
Bread/Bread Alternate (GO)					
Milk (GROW)					
Extra	Water Peanut Butter/Fruit Spread	Water	Fruit optional	Water- Marinara Dip	Water

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3-5 year olds: Firm foods shall be cut into small pieces no larger than 1/2 inch cubes for meats and 1/2 inch diameter sliver, julienne, or cubes for hard fruits and vegetables.

"The USDA and the CDE are equal opportunity providers and employers." Menu Starts 7/5/2016 Menu Ends 6/30/2017

PARENT COMMENTS

SHASTA HEAD START 1-5 Year Old Menu 2016-2017	Monday	Tuesday	Wednesday	Thursday	Friday
	7/11, 8/22, 10/3, 11/14, 12/26, 2/6, 3/20, 5/1, 6/12	7/12, 8/23, 10/4, 11/15, 12/27, 2/7, 3/21, 5/2, 6/13	7/13, 8/24, 10/5, 11/16, 12/28, 2/8, 3/22, 5/3, 6/14	7/14, 8/25, 10/6, 11/17, 12/29, 2/9, 3/23, 5/4, 6/15	7/15, 8/26, 10/7, 11/18, 12/30, 2/10, 3/24, 5/5, 6/16

Meal Pattern Week 2

Breakfast

Juice, Fruit or Vegetable (GLOW)	Peaches	Apricots (A)	Banana	Pears	Mixed Fruit
Cereal or Bread (GO)	Wheaties	Warm Whole Wheat English Muffin with fruit spread	Warm Whole Wheat Bagel W Cream Cheese	Whole Wheat Tortilla Breakfast Burrito	Toasted Raisin Bread with peanut butter
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra		Fruit Spread	Non Fat Cream Cheese	Egg/ Cheese/ Salsa	Peanut Butter

Lunch

Meat/Meat Alternate (GROW)	Chicken Soup OR Chicken Salad	Garnished Baked Cod	Chicken Fajita OR Chicken Enchiladas	Vegetarian White Beans	Meat Loaf OR Ground Beef Spanish Rice
Vegetable (GLOW)	Carrots (A)	Corn OR Corn on the Cob	Sauté' Bell Peppers & Onions	Spinach and Red Pepper Salad (A&C)	Sweet Potatoes OR Green Beans
Fruit (GLOW)	Fresh Mandarins	Pineapple (C)	Mango (A&C)	Cantaloupe Slices (A&C)	Strawberries (C)
Bread/Bread Alternate (GO)	Barley OR Pasta OR Bread	Rice Pilaf	Corn OR Whole Wheat Tortilla	Cornbread	Whole Wheat Roll OR Brown Rice
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra					

P.M. Snack

Meat/Meat Alternate (GROW)				Non Fat Plain Yogurt Parfait	Cheese Sticks
Vegetable, Fruit or Juice (GLOW)	Broccoli & Red Bell Pepper Slices (A&C)			Mixed Berries (C)	
Bread/Bread Alternate (GO)	Whole Wheat Crackers	Cheerios or Zesty Cereal Snack	Whole Wheat Bread		Apple Slices
Milk (GROW)		Whole-1% Milk	Whole-1% Milk		
Extra	Water/Hummus	Fruit (Optional)	Fruit Spread/Peanut Butter	Water	Water

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PARENT COMMENTS

SHASTA HEAD START 1-5 Year Old Menu 2016-2017	Monday	Tuesday	Wednesday	Thursday	Friday
	7/18, 8/29, 10/10, 11/21, 1/2, 2/13, 3/27, 5/8, 6/19	7/19, 8/30, 10/11, 11/22, 1/3, 2/14, 3/28, 5/9, 6/20	7/20, 8/31, 10/12, 11/23, 1/4, 2/15, 3/29, 5/10, 6/21	7/21, 9/1, 10/13, 11/24, 1/5, 2/16, 3/30, 5/11, 6/22	7/22, 9/2, 10/14, 11/25, 1/6, 2/17, 3/31, 5/12, 6/23

Meal Pattern Week 3

Breakfast

Juice, Fruit or Vegetable (GLOW)	Peaches	Pears	Pineapple & Cottage Cheese (C)	Mixed Fruit	Mixed Berries (C)
Cereal or Bread (GO)	Hot Oatmeal	Warm Cheese Quesadilla w/Whole Wheat Tortilla	Warm Whole Wheat Muffin with fruit spread	Warm Whole Wheat Biscuit & Gravy	Warm Whole Wheat Pancakes
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra		Salsa	Fruit Spread	Country Gravy	

Lunch

Meat/Meat Alternate (GROW)	Grilled Cheddar Cheese Sandwich	Cowboy Chile Beans	Chicken	Tuna Sandwich	Beef Tips with Gravy
Vegetable (GLOW)	Crushed Tomato Soup (C)	Spinach & Red Pepper Salad (A & C)	Butternut Squash (A)	Mixed Greens & Red Pepper Salad (A & C)	Brussel Sprouts (C)
Fruit (GLOW)	Honeydew Melon (C)	Orange Slices (C)	Strawberries (C)	Mango (A&C)	Watermelon
Bread/Bread Alternate (GO)	Whole Wheat Bread	Cornbread	Seasoned Pasta OR Rice	Whole Wheat Bread OR Crackers	Egg Noodles
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra					Brown Gravy

P.M. Snack

Meat/Meat Alternate (GROW)	Turkey Roll Up	Carrots and Zucchini Sticks Whole Wheat Bread Sticks	Cheese Sticks	Bagel with fruit spread	Wheat Chex
Vegetable, Fruit or Juice (GLOW)					
Bread/Bread Alternate (GO)	Whole Wheat Tortilla		Whole Wheat Crackers		
Milk (GROW)				Whole-1% Milk	Whole-1% Milk
Extra	Water/Cream Cheese	Water/Marinara Dip	Water	Water	Fruit (Optional)

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Menu Starts 7/5/2016 Menu Ends 6/30/2017

PARENT COMMENTS

SHASTA HEAD START 1-5 Year Old Menu 2016-2017	Monday	Tuesday	Wednesday	Thursday	Friday
	7/25, 9/5, 10/17, 11/28, 1/9, 2/20, 4/3, 5/15, 6/26	7/26, 9/6, 10/18, 11/29, 1/10, 2/21, 4/4, 5/16, 6/27	7/27, 9/7, 10/19, 11/30, 1/11, 2/22, 4/5, 5/17, 6/28	7/28, 9/8, 10/20, 12/1, 1/12, 2/23, 4/6, 5/18, 6/29	7/29, 9/9, 10/21, 12/2, 1/13, 2/24, 4/7, 5/19, 6/30

Meal Pattern Week 4

Breakfast

Juice, Fruit or Vegetable (GLOW)	Applesauce w/ Cinnamon	Berries (C)	Apricots (A) Warm Cheese Quesadilla	Bananas	Mixed Fruit
Cereal or Bread (GO)	Toasted Raisin Bread with fruit spread	Oatmeal	w/Whole Wheat Tortilla	Wheaties OR Whole Grain Kix	Whole Wheat Toast with fruit spread
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra	Fruit Spread		Cheese/Salsa		Scrambled Eggs

Lunch

Meat/Meat Alternate (GROW)	Ham & Cheese Sandwich	Taco Tuesday Build Your Own Fiesta Fish Taco	Cajun Chicken Gumbo	Vegetarian Bean Burrito OR Casserole	Italian Spaghetti W/ Ground Beef Sauce
Vegetable (GLOW)	Cauliflower & Broccoli (C) OR Vegetable Soup	Sauté Bell Peppers, Onions & Cabbage (A&C)	Mixed Vegetables with Okra (A&C)	Spinach Salad, Red Bell Peppers (A&C)	Green Beans
Fruit (GLOW)	Sliced Oranges (C)	Mango (A&C)	Mandarin Oranges	Strawberries (C)	Cantaloupe (A&C)
Bread/Bread Alternate (GO)	Whole Wheat Bread	Corn Tortilla	Brown Rice	Whole Wheat Tortilla OR Corn Tortilla	Spaghetti Noodles
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra	Low Fat Dip	Salsa		Salsa	Parmesan Cheese

P.M. Snack

Meat/Meat Alternate (GROW)	Cheerios OR Zesty Cereal Snack	Cheese Slices	Hard Boiled Egg	Cucumber and Carrots	Whole Wheat Bread
Vegetable, Fruit or Juice (GLOW)		Apple Slices			
Bread/Bread Alternate (GO)		Whole Wheat Bread OR Crackers			
Milk (GROW)		Whole-1% Milk			
Extra		Fruit (Optional)	Water		

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PARENT COMMENTS

SHASTA HEAD START 1-5 Year Old Menu 2016-2017	Monday	Tuesday	Wednesday	Thursday	Friday
	8/1, 9/12, 10/24, 12/5, 1/16, 2/27, 4/10, 5/22	8/2, 9/13, 10/25, 12/6, 1/17, 2/28, 4/11, 5/23	8/3, 9/14, 10/26, 12/7, 1/18, 3/1, 4/12, 5/24	8/4, 9/15, 10/27, 12/8, 1/19, 3/2, 4/13, 5/25	8/5, 9/16, 10/28, 12/9, 1/20, 3/3, 4/14, 5/26
Meal Pattern Week 5					
Breakfast					
Juice, Fruit or Vegetable (GLOW)	Pears	Warmed Applesauce	Pineapple (C)	Apricots	Mixed Fruit
Cereal or Bread (GO)	Wheat Chex	Warm Whole Wheat Waffles OR Whole Wheat Pancakes	Warm Whole Wheat Bagel with Fruit Spread	Warm Whole Wheat Muffin	Warm Whole Wheat Egg & Cheese English Muffin Sandwich
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra			Non Fat Cottage Cheese		Egg & Cheese
Lunch					
Meat/Meat Alternate (GROW)	Vegetarian Minestrone Soup with Beans	Tuna Sandwich OR Casserole	Seasoned Baked Chicken	Cheese Pizza	Beef Stew OR Sheppard's Pie
Vegetable (GLOW)	Vegetables (Broccoli, Red Pepper, Spinach, Carrots) (A&C)	Spinach and Carrot Salad (A&C)	Romaine and Red Pepper Salad (A&C)	Carrot Sticks (A)	Red Potatoes and Mixed Vegetables
Fruit (GLOW)	Oranges (C)	Watermelon	Kiwi (C)	Strawberries (C)	Mango (A & C)
Bread/Bread Alternate (GO)	Whole Wheat Roll	Whole Wheat Bread OR Crackers OR Pasta	Herb Seasoned Brown Rice	Whole Wheat English Muffin OR Pizza Crust	Dinner Roll
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra					
P.M. Snack					
Meat/Meat Alternate (GROW)	Ham OR Turkey Roll Up	Non Fat Plain Yogurt Parfait			Cheese Stick
Vegetable, Fruit or Juice (GLOW)		Berries (C)	Mixed Fruit		
Bread/Bread Alternate (GO)	Whole Wheat Tortilla		Whole Wheat Crackers	Zesty Cereal	Whole Wheat Crackers
Milk (GROW)				Whole-1% Milk	Whole-1% Milk
Extra	Water/Non Fat Cream Cheese	Water	Water/Bean Dip	Fruit Optional	Water/Fruit (Optional)
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PARENT COMMENTS					

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	8/8, 9/19, 10/31, 12/12, 1/23, 3/6, 4/17, 5/29	8/9, 9/20, 11/1, 12/13, 1/24, 3/7, 4/18, 5/30	8/10, 9/21, 11/2, 12/14, 1/25, 3/8, 4/19, 5/31	8/11, 9/22, 11/3, 12/15, 1/26, 3/9, 4/20, 6/1	8/12, 9/23, 11/4, 12/16, 1/27, 3/10, 4/21, 6/2

Meal Pattern Week 6

Breakfast					
Juice, Fruit or Vegetable (GLOW)	Peaches	Mandarin Oranges (A)	Apricots (A)	Pears	Mixed Fruit
Cereal or Bread (GO)	Cheerios	Toasted Raisin Bread with fruit spread	Warm Whole Wheat Muffin	Whole Wheat Toast with thin spread peanut butter	Warm Whole Wheat Biscuit & Gravy
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra					Country Gravy

Lunch					
Meat/Meat Alternate (GROW)	Sub Sandwich	Vegetarian Black Bean Lasagna	Turkey Sandwich OR Turkey Gravy	Hamburger OR Sloppy Joe	Garnished Baked Cod
Vegetable (GLOW)	Romaine Lettuce & Sliced Tomatoes	Zucchini	Mixed Green Salad OR Red Mashed Potatoes	Cole Slaw (C)	Red Potato Wedges
Fruit (GLOW)	Orange Slices (C)	Cantaloupe (A&C)	Strawberries (C)	Pineapple (C)	Mango (A&C)
Bread/Bread Alternate (GO)	Whole Wheat Bread, Bun Or Pita	Lasagna Noodles	Whole Wheat Roll	Whole Wheat Bun	Garlic Bread
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra			Gravy		

P.M. Snack					
Meat/Meat Alternate (GROW)	Whole Wheat Bagel	Banana Whole Wheat Bread	Non Fat Cottage Cheese	Muffin	Cheese Sticks
Vegetable, Fruit or Juice (GLOW)			Berries (C)		Whole Wheat Crackers
Bread/Bread Alternate (GO)					
Milk (GROW)			Whole-1% Milk		Whole-1% Milk
Extra	Non Fat Cream Cheese	Water, Light Spread Peanut Butter	Water		Water

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PARENT COMMENTS

NUTRITION CURRICULUM

Head Start 3-5 Yr.

Choose (One) Nutrition Activities Each Month	(One) International Day Each Month	
<i>NOTE: Include nutrition activities in your normal routine.</i>	China	Africa
Hand Washing w/Amy & Andy	Messy Square	East Indian
Go, Glow, and Grow	Big Eyes	Germany
Happy Face Game	Very Hungry Caterpillar	Ireland
Cultural Taste Test Activity	The Mystery Bag	Mexican
Milk Mustache Activity	Hand Bones	Eat Indian/Hindu
Introducing Iron Kid	Iron Kid Food Apron Game	Moroccan
Iron't You Smart Snack	Bob & Betty Bread	Russian
Fruit and Veggie Tasting	Fruit Kabobs	Thailand
Garden in a Glove Activity	Making Burritos	United States
		Greece
		Peru
New Foods: Introduce (One) Per Month		
Okra	Bok Choy	Kiwi
Avocados	Kale	Sweet Potato
Satsuma Mandarin	Ginger Root	Collard Greens
Corn Grits	Tofu	Jicama
Cilantro	Edamame	Parsnips
Ruby Grapefruit		Beets
Mango		Artichoke
Papaya		Soybean
Asparagus		Turnips
Sugar Snap Peas		Brussels Sprouts
Eggplant		Mushroom

NUTRITION CURRICULUM

Early Head Start 1-2 Yr.

Choose (One) Nutrition Activities Each Month	(One) International Day Each Month
Hand Wash w/Amy & Andy	Very Hungry Caterpillar
Mealtime Set Ups	Learning to Self-Serve
Applesauce	Fall Fruit or Vegetable Exploration
Fruit with Snow	Making Whole Wheat Pretzels Stars
Making Sandwiches	Help Set Table or Use Utensils
Personal Pizzas	Toast Toppers with Hummus
Mix Applesauce/Fruit w/Yogurt	Cookie Cutter Cheese Toast
Peeling Bananas	Pink Punch (help pour & stir)
Spreading Topping on Pancakes	Tortilla Wrap
Pizza Faces	100% Fruit Juice Smoothie
Dip Fruit In Wheat Germ	Dip Vegetables in Spinach Dip
Fruit & Cheese Kabobs	Older toddlers: String Cheerios
New Foods: Introduce (One) Per Month	
Okra	Bok Choy
Avocados	Kale
Satsuma Mandarin	Ginger Root
Corn Grits	Tofu
Cilantro	Edamame
Ruby Grapefruit	Beets
Mango	Artichoke
Papaya	Soybean
Asparagus	Turnips
Sugar Snap Peas	Brussels Sprouts
Eggplant	Mushroom

China	Africa
East Indian	Italy
Germany	
Ireland	
Mexican	
Eat Indian/Hindu	
Moroccan	
Russian	
Thailand	
United States	
Greece	
Peru	