

SHASTA HEAD START 1-5 Year Old Menu 2020-2021	Monday	Tuesday	Wednesday	Thursday	Friday
	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	7/9 8/20 10/1 11/12 12/24 2/4 3/18 4/29 6/10	7/10 8/21 10/2 11/13 12/25 2/5 3/19 4/30 6/11
Meal Pattern Week 1					
Breakfast					
Juice, Fruit or Vegetable (GLOW)	Peaches	Apricots (A)	Applesauce	Mixed Fruit (A&C)	Warmed Berries (C)
WGR	WGR Chex	WGR Oatmeal	Raisin Bread	WGR English Muffin/ OR Tortilla	WGR Waffles OR Pancakes
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra/Meat and Meat Alternate				Scrambled Eggs	
Lunch					
Meat/Meat Alternate (GROW)	Tuna Sandwich Or Casserole	Sloppy Joe	Seasoned Chicken	Pinto Beans & Rice	Sausage and Tortellini Soup
Vegetable (GLOW)	Carrots Sticks Or Peas & Carrots (A)	Mixed Fresh Vegetables	Brussels Sprouts (C)	Green Beans	Chopped Spinach and Red Pepper Salad (A&C)
Fruit (GLOW)	Honeydew Melon (C)	Cantaloupe Slices (A&C)	Mango (A&C)	Pineapple (C)	Orange Slices (C)
Bread/Bread Alternate (GO)	WGR Bread , Crackers OR Pasta	WGR Bun or Bread	Pasta	WGR Brown Rice	Italian Bread
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)					Cheese
Vegetable, Fruit or Juice (GLOW)	Mixed Berries (C)	Strawberries (C)		Zucchini & Bell Peppers	Apples Or Watermelon
Bread/Bread Alternate (GO)	WGR Bagel w/ cream cheese	WGR Cheesy Bread	WGR Cheerios	Crackers	
Milk (GROW)			1% Milk		
Extra	Water	Water	Fruit optional	Water	Water
<p>Whole Milk Is served from Age 1 year to 2 year Birth Date 1% Milk is served from Age 2-5 years All food served will be age appropriate.</p> <p>NOTE:* Parenthesis C & A on menu: These foods contain vitamins C and A, or Both. Offer vitamin C foods every day and vitamin A foods every other day.</p> <p>Menus subject to change. (WGR) Whole Grain Rich</p> <p>1-2 year old: Food will be cooked and or cut to meet toddler's developmental needs. Offer foods that the toddler can safely chew and swallow. Firm foods shall be cut into small pieces no larger than 1/4 inch cubes for meats and 1/4 inch diameter sliver, julienne, or cubes for hard fruits and vegetables (check "Choking Hazards" posted). (Copied from the Nutrition Standards)</p> <p>3-5 year old's: 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.</p> <p>"The USDA and the CDE are equal opportunity providers and employers." Menu Starts 7/6/2020 Menu Ends 7/2/2021</p>					
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Meal Pattern Week 2

Breakfast

Juice, Fruit or Vegetable (GLOW)	Apricots (A)	Mandarin Orange (A&C)	Applesauce with Cinnamon	Pears	Mixed Fruit
Cereal or Bread (GO)	WGR Wheaties	WGR English Muffin	Raisin Bread	WGR Cheese Quesadilla	WGR Oatmeal
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra/Meat and Meat Alternate				Cheese	

Lunch

Meat/Meat Alternate (GROW)	Mrs. Friday's Cod Filet	Ground Beef Taco	Cheese Pizza	Chicken Salad Sandwich OR Chicken Soup	Cowboy Beans
Vegetable (GLOW)	Mixed Vegetables (A&C)	Shredded Cabbage & Cilantro	Mixed Greens Salad (A&C)	Carrots (A)	Chopped Spinach & Red Pepper Salad (A & C)
Fruit (GLOW)	Pineapple (C)	Mango (A&C)	Strawberries (C)	Honeydew (C)	Sliced Oranges (C)
Bread/Bread Alternate (GO)	WGR Brown Rice Pilaf	WGR Tortilla	WGR Crust	WGR Bread , Pasta OR Crackers	WGR Cornbread
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)	Mixed Berries (C) WGR Bagel w/ cream cheese	Honeydew Slices (C) WGR Cheerios (EHS) Zesty Cereal Snack	Veggie Sticks WGR Crackers	Non Fat Plain Yogurt Mixed Berries (C)	Cheese Apple Slices OR Watermelon
Vegetable, Fruit or Juice (GLOW)					
Bread/Bread Alternate (GO)					
Milk (GROW)					
Extra	Water	Water	Water	Water	Water

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Meal Pattern Week 3

Breakfast

Juice, Fruit or Vegetable (GLOW)	Peaches	Mandarins (A&C)	Pineapple (C)	Mixed Berries (C)	Pears
Cereal or Bread (GO)	WGR Kix	WGR Bread	WGR English Muffin	WGR Pancakes	WGR Muffin
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra/Meat and Meat Alternate			Cottage Cheese		

Lunch

Meat/Meat Alternate (GROW)	Grilled Cheddar Cheese Sandwich	Fish Taco	Turkey and Cheese Sandwich	Ground Beef Stroganoff	Sweet and Sassy Chicken
Vegetable (GLOW)	Crushed Tomato Soup OR Vegetable Soup (C)	Shredded Cabbage & Cilantro (C)	Carrot Sticks (A)	Green Beans	Broccoli & Peppers (A&C)
Fruit (GLOW)	Honeydew Melon (C)	Mango (A&C)	Kiwi (C)	Mixed Fruit (A&C)	Pineapple (C)
Bread/Bread Alternate (GO)	WGR Bread	WGR Tortilla	WGR Bread	Egg Noodles	WGR 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)				Hard Boiled Eggs	Cheese
Vegetable, Fruit or Juice (GLOW)	Carrot Sticks (A)	Banana			Apples OR Watermelon
Bread/Bread Alternate (GO)	WGR Crackers	WGR Cheerios (EHS) Zesty Cereal Snack	WGR Bagel w/ cream cheese	WGR Bread	
Milk (GROW)			Whole-1% Milk		
Extra	Water	Water		Water	Water

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Meal Pattern Week 4

Breakfast

Juice, Fruit or Vegetable (GLOW)	Bananas	Mandarins (A&C)	Peaches	Pears	Applesauce w/ Cinnamon
Cereal or Bread (GO)	WGR Wheaties	WGR Bread	WGR Oatmeal	WGR Cheese Quesadilla	Raisin Bread
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra/Meat and Meat Alternate				Cheese	

Lunch

Meat/Meat Alternate (GROW)	Ham & Cheese Sandwich	Chicken Taco	Spaghetti W/ Ground Beef Sauce	Mrs. Fridays Cod Filet	Bean and Cheese Burrito Or Casserole
Vegetable (GLOW)	Cauliflower & Broccoli (C) OR Vegetable Soup	Shredded Cabbage and Cilantro(C)	Green Beans	Mixed Vegetables (A&C)	Mixed Green Salad (A&C)
Fruit (GLOW)	Sliced Oranges (C)	Mango (A&C)	Cantaloupe (A&C)	Strawberries (C)	Watermelon
Bread/Bread Alternate (GO)	WGR Bread	WGR Tortilla	WGR Spaghetti Noodles	WGR Seasoned Brown Rice	WGR Tortilla
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			Cheese
Vegetable, Fruit or Juice (GLOW)	Strawberries (C)	Mixed Berries (C)	Apricots (A)	Carrots & Cucumbers	Apple Slices
Bread/Bread Alternate (GO)	WGR Cheerios EHS Zesty Cereal Snack		WGR Bagel w/ cream cheese	Bread Sticks	
Milk (GROW)					
Extra	Water	Water	Water	Water/	Water

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Meal Pattern Week 5					
Breakfast					
Juice, Fruit or Vegetable (GLOW)	Pears	Peaches	Pineapple (C)	Mandarins Oranges (A&C)	Warmed Berries (C)
Cereal or Bread (GO)	WGR Chex	WGR English Muffin	WGR Bread	WGR Bagel w/cream cheese	WGR Waffles OR Pancakes
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra/Meat and Meat Alternate			Cottage Cheese		
Lunch					
Meat/Meat Alternate (GROW)	Tuna Sandwich	Vegetarian White Beans	Roast Beef Sandwich	Macaroni & Cheese	Meatloaf Or Hamburger Gravy
Vegetable (GLOW)	Carrot Sticks (A)	Chopped Spinach and Red Pepper Salad (A&C)	Broccoli Salad (C)	Brussels Sprouts (C)	Mashed Red Potatoes
Fruit (GLOW)	Honeydew (C)	Cantaloupe Slices (A&C)	Mixed Fruit (A&C)	Mango (A&C)	Strawberries (C)
Bread/Bread Alternate (GO)	WGR Bread or Crackers	WGR Cornbread	WGR Bread	Elbow Pasta	WGR 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			Cheese Stick
Vegetable, Fruit or Juice (GLOW)		Mixed Berries (C)	Kiwi		Apple Slices
Bread/Bread Alternate (GO)	WGR Tortilla		Cheesy Bread	WGR Cheerios	
Milk (GROW)				Whole-1% Milk	
Extra	Water	Water	Water	Optional Fruit	Water
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Meal Pattern Week 6

Breakfast					
Juice, Fruit or Vegetable (GLOW)	Peaches	Pears	Mixed Fruit	Honeydew (C)	Mandarin Oranges (A&C)
Cereal or Bread (GO)	WGR Cheerios	WGR Oatmeal	WGR English Muffin	Raisin Bread	WGR Biscuit
Milk (GROW)	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk	Whole-1% Milk
Extra/Meat and Meat Alternate					Country Gravy

Lunch					
Meat/Meat Alternate (GROW)	Minestrone Soup	Pulled Pork	Sesame Beef and Broccoli Stir Fry	Turkey & Cheese Sandwich	Mrs. Friday's Cod Filet
Vegetable (GLOW)	Spinach, Broccoli & Carrots (A&C)	Carrots (A)	Broccoli (C)	Mixed Green Salad (A&C)	Mixed Vegetables (A&C)
Fruit (GLOW)	Strawberries (C)	Pineapple (C)	Cantaloupe (A&C)	Orange Slices (C)	Mango (A&C)
Bread/Bread Alternate (GO)	WGR Bread	WGR Bread	WGR Rice	WGR Bread	Pasta
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		Cheese
Vegetable, Fruit or Juice (GLOW)		Banana	Mixed Berries (C)	Carrots and Bell Peppers (A&C)	Apple Slices Or Watermelon
Bread/Bread Alternate (GO)	WGR Bagel w/ cream cheese	WGR Bread		Bread Stick	
Milk (GROW)	Whole-1% Milk				
Extra		Water	Water	Water	Water

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