

<b>SHASTA HEAD START 1-2 Year Old Menu 2024-2025</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	7/1 8/12 9/23 11/4 12/16 1/27 3/10 4/21 6/2	7/2 8/13 9/24 11/5 12/17 1/28 3/11 4/22 6/3	7/3 8/14 9/25 11/6 12/18 1/29 3/12 4/23 6/4	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

**Meal Pattern Week 1**

**Breakfast**

Fruit 1/4 cup	Peaches OR Banana	Apricots (A)	Apples OR Applesauce	Mixed Fruit	Warmed Berries ( C )
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 1/4 c cooked cereal = 1/2 oz eq.	WGR Chex 3/4 cup	WGR Oatmeal 1/4 cup cooked	English Muffin OR WGR Tortilla 0.5 oz eq.	Bread 0.5 oz eq.	WGR Waffles OR Pancakes Or French Toast 0.6 oz eq.
Whole/1%Milk 4 ounce	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk
Extra/Meat and Meat Alternate			<b>Cheese</b>	<b>Eggs</b>	

**Lunch**

Meat/Fish/Cheese 1 oz. Beans 1/4 cup	Tuna Sandwich Or Casserole	Chicken Taco OR Enchiladas	Pinto Beans & Rice	Beef Stroganoff	Sausage and Tortellini Soup
Vegetable 1/8 Leafy Greens 1/4 cup	Broccoli OR Peas & Carrots (A)	Carrots (A) Or Shredded Cabbage and Cilantro ( C )	Green Beans	Mixed Vegetables	Mixed Greens Salad
Fruit 1/8 cup	Pineapple ( C )	Strawberries ( C )	Mango (A&C)	Cantaloupe Slices (A&C)	Orange Slices ( C )
Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 0.4 oz crackers = 6 crackers OR 1/4 c cooked Rice or Pasta = 1/2 oz eq.	Bread 0.5 oz eq. OR Crackers 6= 0.5 oz eq. OR Pasta 1/4 cup cooked	WGR Tortilla 0.5 oz eq.	WGR Brown Rice 1/4 cup cooked OR W	WGR Pasta 1/4 cup cooked	Bread 0.5 oz eq.
Milk 4 ounces	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk
Extra					

**P.M. Snack**

Meat/Meat Alternate (see amt. by food)	Mixed Berries ( C )	Mandarin		Fresh Veggies Sticks	Cheese 1/2 oz.
Vegetable OR Fruit 1/2 cup	Bagel 0.5 oz eq.	Cheesy Bread 0.6 oz = 0.5 oz eq.	Zesty Cereal Mix OR Cereal 3/4 cup	Crackers 6=1/2 serving .eq	Watermelon OR Mixed Fruit
Cereal or Bread Or Crackers 1/2 serving =1/2 oz eq.			Unflavored Whole/1% Milk		
Milk 4 ounces			Fruit optional		
Extra	Water/cream cheese	Water		Water	Water

**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.**

**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.**

**Menus subject to change. (WGR) Whole Grain Rich Allergies or Intolerances of Food and Milk will be followed with a Diet Orders**

**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)

**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.

**"The USDA and the CDE are equal opportunity providers and employers." Menu Starts 7/1/2024 Menu Ends 6/27/2025**

PARENT COMMENTS

SHASTA HEAD START 1-2 Year Old Menu 2024-2025	Monday	Tuesday	Wednesday	Thursday	Friday
	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	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

**Meal Pattern Week 2**

**Breakfast**

Fruit 1/4 cup	Apricots (A) Or Banana	Mixed Fruit OR Smoothie	Peaches	Pears	Applesauce with Cinnamon
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 1/4 c cooked cereal = 1/2 oz eq.	WGR Cheerios 1/2 cup	English Muffin 0.5 oz. eq.	WGR Oatmeal 1/4 cup cooked	WGR 0.5 oz eq. Tortilla Cheese Quesadilla	Bread 0.5 oz. eq.
Whole/1%Milk 4 ounce	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk
Extra/Meat and Meat Alternate		Yogurt		Shredded Cheese	

**Lunch**

Meat/Fish/Cheese 1 oz. Beans 1/4 cup	Turkey Sandwich	Bean and Cheese Burrito OR Bean Casserole	Chicken Salad Sandwich OR Chicken Soup Or Casserole	Beef Chili Con Carne	Cheese Pizza
Vegetable 1/8 Leafy Greens 1/4 cup	Broccoli & Cauliflower	Fiesta Corn OR Corn on the Cob	Carrots (A)	Mixed Greens Salad	Veggies including Zucchini
Fruit 1/8 cup	Pineapple ( C )	Strawberries ( C )	Kiwi ( C )	Mango (A&C)	Cantaloupe (A&C)
Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 0.4 oz crackers = 6 crackers OR 1/4 c cooked Rice or Pasta = 1/2 oz eq.	Bread 0.5 oz eq.	WGR Tortilla 0.5 oz eq.	Bread 0.5 oz.. OR WGR Pasta 1/4 cup cooked OR Crackers 6 = 0.5 oz eq.	Garlic Bread 0.5 oz eq.	WGR Crust 0.5 oz. eq.
Milk 4 ounces	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk
Extra					

**P.M. Snack**

Meat/Meat Alternate (see amt. by food)	Oranges ( C )	Honeydew ( C )	Veggie Sticks	Hard Boiled Eggs 1/2 large	Cheese 1/2 oz
Vegetable OR Fruit 1/2 cup					
Cereal or Bread Or Crackers 1/2 serving					
Milk 4 ounces					
Extra	Bagel 0.5 oz eq.	WGR Zesty Cereal Mix 3/4 c	Crackers 6=1/2 serving 0.5 oz.	Bread 0.5 oz eq.	Apple Slices OR Watermelon
	Water/ cream cheese	Water	Water	Water	Water

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**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)  
**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.  
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SHASTA HEAD START 1-2 Year Old Menu 2024-2025	Monday	Tuesday	Wednesday	Thursday	Friday
	7/15 8/26 10/7 11/18 12/30 2/10 3/24 5/5 6/16	7/16 8/27 10/8 11/19 12/31 2/11 3/25 5/6 6/17	7/17 8/28 10/9 11/20 1/1 2/12 3/26 5/7 6/18	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

**Meal Pattern Week 3**

Breakfast					
Fruit 1/4 cup	Peaches	Mandarins (A&C)	Mixed Berries ( C )	Pears	Mixed Fruit
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 1/4 c cooked cereal = 1/2 oz eq.	WGR Kix 3/4 cup	Bread	WGR Waffles OR Pancakes Or French Toast 0.6 oz eq.	Muffin 0.9 oz 1/2 serving 0.5 oz eq.	WGR Tortilla Cheese Quesadilla 0.5oz eq.
Whole/1%Milk 4 ounce	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk
Extra/Meat and Meat Alternate		Eggs			Shredded Cheese

Lunch					
Meat/Fish/Cheese 1 oz. Beans 1/4 cup	Grilled Cheddar Cheese Sandwich	Ground Beef Taco	Baked Cod	Spaghetti W/ Ground Beef Sauce	Chicken Stir Fry OR Asian Chicken Noodle Salad
Vegetable 1/8 Leafy Greens 1/4 cup	Tomato Basil Soup OR Vegetable Soup ( C )	Cabbage or Corn	Broccoli ( A )	Green Beans	Fresh Mixed Vegetables (A&C )
Fruit 1/8 cup	Mixed Fruit	Strawberries ( C )	Honeydew ( C )	Cantaloupe (A&C)	Sliced Oranges ( C )
Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 0.4 oz crackers = 6 crackers OR 1/4 c cooked Rice or Pasta = 1/2 oz eq.	Bread 0.5 oz eq.	WGR Tortilla	WGR Seasoned Brown Rice 1/4 cup cooked	WGR Pasta 1/4 cup cooked	WGR Brown Fried Rice OR Noodles 1/4 cup cooked
Milk 4 ounces	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk
Extra					

P.M. Snack					
Meat/Meat Alternate (see amt. by food)	Carrot Sticks (A)  Crackers 6=1/2 serving .eq  Water	Banana  WGR Zesty Cereal Snack 3/4 cup  Water	Bagel 0.5 oz eq.  Unflavored Whole/1% Milk cream cheese	Yogurt 2 oz. OR 1/4 cup	Cheese 1/2 oz
Vegetable OR Fruit 1/2 cup				Mango	Apples OR Watermelon
Cereal or Bread Or Crackers 1/2 serving					
Milk 4 ounces					
Extra				Water	Water

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**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.

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Menu Starts 7/1/2024 Menu Ends 6/27/2025

PARENT COMMENTS

SHASTA HEAD START 1-2 Year Old Menu 2024-2025	Monday	Tuesday	Wednesday	Thursday	Friday
	7/22 9/2 10/14 11/25 1/6 2/17 3/31 5/12 6/23	7/23 9/3 10/15 11/26 1/7 2/18 4/1 5/13 6/24	7/24 9/4 10/16 11/27 1/8 2/19 4/2 5/14 6/25	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

**Meal Pattern Week 4**

**Breakfast**

Fruit 1/4 cup	Peaches	Mandarins (A&C)	Bananas	Pears	Applesauce w/ Cinnamon
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 1/4 c cooked cereal = 1/2 oz eq.	<b>WGR Chex 3/4 cup</b>	Bread 0.5 oz	WGR Oatmeal 1/4 cup cooked	WGR Tortilla 0.5 oz Cheese Quesadilla	English Muffin 0.5 oz
Whole/1%Milk 4 ounce	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk
Extra/Meat and Meat Alternate		Cottage Cheese		Cheese	

**Lunch**

Meat/Fish/Cheese 1 oz. Beans 1/4 cup	Ham Sandwich	Cheese Pizza	Seasoned Chicken	Porcupine Meatballs OR Meatloaf	Cowboy Beans
Vegetable 1/8 Leafy Greens 1/4 cup	<b>Carrots (A) OR Vegetable Soup</b>	Broccoli & Cauliflower	<b>Brussels Sprouts ( C ) OR Sweet Potatoes</b>	Green Beans	Chopped Spinach & Red Pepper Salad (A & C)
Fruit 1/8 cup	<b>Strawberries ( C )</b>	Sliced Oranges ( C )	Mango (A&C)	Cantaloupe (A&C)	Watermelon
Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 0.4 oz crackers = 6 crackers OR 1/4 c cooked Rice or Pasta = 1/2 oz eq.	<b>Bread 0.5 oz eq.</b>	<b>WGR Crust 0.5 oz. eq.</b>	<b>WGR Seasoned Pasta 1/4 cup cooked</b>	Dinner Roll	<b>WGR Cornbread 2x2 = .0.5 oz eq</b>
Milk 4 ounces	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk
Extra					

**P.M. Snack**

Meat/Meat Alternate (see amt. by food)	<b>Non Fat Plain Yogurt 2 oz. OR 1/4 cup</b>	Turkey Roll Up			Cheese 1/2 oz
Vegetable OR Fruit 1/2 cup	<b>Fruit</b>		Honeydew ( C )	Apple Slices	Mixed Fruit
Cereal or Bread Or Crackers 1/2 serving		WGR Tortilla	Bread Sticks 0.5 oz eq.	Bagel 0.5 oz eq.	
Milk 4 ounces					
Extra	<b>Water</b>	<b>Water</b>	<b>Water/</b>	<b>Water/cream cheese</b>	<b>Water</b>

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**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.

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PARENT COMMENTS

<b>SHASTA HEAD START</b> <b>1-2 Year Old Menu</b> <b>2024-2025</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	7/29 9/9 10/21 12/2 1/13 2/24 4/7 5/19	7/30 9/10 10/22 12/3 1/14 2/25 4/8 5/20	7/31 9/11 10/23 12/4 1/15 2/26 4/9 5/21	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

**Meal Pattern Week 5**

**Breakfast**

Fruit 1/4 cup Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 1/4 c cooked cereal = 1/2 oz eq. Whole/1%Milk 4 ounce Extra/Meat and Meat Alternate	<b>Pears</b>  <b>WGR Cheerios 1/2 cup</b>  Unflavored Whole/1% Milk	<b>Apricots (A)</b>  <b>Bread 0.5 oz eq.</b>  Unflavored Whole/1% Milk <b>Eggs</b>	<b>Banana</b>  <b>WGR Oatmeal 1/4 cup cooked</b>  Unflavored Whole/1% Milk	<b>Mandarins Oranges (A&amp;C)</b>  <b>Bagel 0.5 oz eq</b>  Unflavored Whole/1% Milk <b>Cottage Cheese</b>	<b>Warmed Berries ( C )</b>  <b>WGR Waffles OR Pancakes Or French Toast 0.6 oz eq.</b>  Unflavored Whole/1% Milk
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**Lunch**

Meat/Fish/Cheese 1 oz. Beans 1/4 cup Vegetable 1/8 Leafy Greens 1/4 cup Fruit 1/8 cup Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 0.4 oz crackers = 6 crackers OR 1/4 c cooked Rice or Pasta = 1/2 oz eq. Milk 4 ounces Extra	<b>Turkey Sandwich</b>  <b>Carrot Sticks (A)</b> <b>Kiwi ( C )</b>  <b>Bread 0.5 oz eq</b>  Unflavored Whole/1% Milk	<b>Vegetarian White Beans</b>  <b>Mixed Vegetables (A&amp;C)</b> <b>Strawberries ( C )</b>  <b>WGR Cornbread 0.6 oz 2x2</b>  Unflavored Whole/1% Milk	<b>Chicken Strips</b>  <b>Broccoli ( C )</b> <b>Mango (A&amp;C)</b>  <b>Garlic Bread 0.5 oz eq.</b>  Unflavored Whole/1% Milk	<b>Macaroni &amp; Cheese</b>  <b>Brussels Sprouts ( C )</b> <b>Mixed Fruit (A&amp;C)</b>  <b>WGR Pasta 1/4 cup cooked</b>  Unflavored Whole/1% Milk	<b>Hamburger Gravy OR Shepherds Pie</b>  <b>Mashed Red Potatoes</b> <b>Cantaloupe (A&amp;C)</b>  <b>Dinner Roll 0.5 oz eq.</b>  Unflavored Whole/1% Milk
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**P.M. Snack**

Meat/Meat Alternate (see amt. by food) Vegetable OR Fruit 1/2 cup Cereal or Bread Or Crackers 1/2 serving Milk 4 ounces Extra	<b>Non Fat Plain Yogurt 2 oz. OR 1/4 cup</b>  <b>Fruit</b>  Water	<b>Watermelon Or Other Fruit</b>  <b>WGR Zesty Mix 3/4 cup</b>  Water	<b>Pineapple ( C )</b>  <b>Cheesy Bread 0.6 oz = 0.5 oz eq.</b>  Water	<b>Veggies including Zucchini</b> <b>Crackers 6=1/2 serving 0.5 oz.</b>  Water	<b>Cheese Slices 1/2 oz</b>  <b>Apple Slices</b>  Water
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**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.  
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**Meal Pattern Week 6**

Breakfast					
Fruit 1/4 cup	Peaches OR Banana	Apricots (A)	Pears	Mixed Fruit	Berries ( C )
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 1/4 c cooked cereal = 1/2 oz eq.	WGR Kix 3/4 cup	Biscuit 0.5 oz eq.	WGR Oatmeal 1/4 cup cooked	English Muffin 0.5 oz eq.	Bagel 0.5 oz eq.
Whole/1%Milk 4 ounce	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk
Extra/Meat and Meat Alternate		Country Gravy		Eggs	Yogurt

Lunch					
Meat/Fish/Cheese 1 oz. Beans 1/4 cup	Grilled Cheddar Cheese Sandwich	Pork Taco Or Pork Verde Or Pork Pozole	Ground Beef Spaghetti Or Lasagna	Baked Cod	Chicken Alfredo
Vegetable 1/8 Leafy Greens 1/4 cup	Tomato Basil Soup	Shredded Cabbage ( C )	Green Beans	Mixed Vegetables (A&C)	Broccoli ( C )
Fruit 1/8 cup	Mixed Fruit (A&C)	Strawberries ( C )	Cantaloupe (A&C)	Pineapple ( C )	Mango (A&C)
Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 0.4 oz crackers = 6 crackers OR 1/4 c cooked Rice or Pasta = 1/2 oz eq.	Bread 0.5 oz eq.	WGR Tortilla 0.5 oz. eq.	WGR Pasta 1/4 cup cooked	WGR Seasoned Brown Rice 1/4 cup cooked	WGR Pasta
Milk 4 ounces	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk
Extra					

P.M. Snack					
Meat/Meat Alternate (see amt. by food)			Cottage Cheese 2 oz 1/4 cup		Cheese 1/2 oz
Vegetable OR Fruit 1/2 cup		Veggie Sticks (A&C)	Mandarins ( C )	Oranges ( C )	Apple Slices
Cereal or Bread Or Crackers 1/2 serving	Bagel 0.5 oz eq.	Bread Stick 0.5 oz eq.		Crackers 6=1/2 serving 0.5 oz.	
Milk 4 ounces	Unflavored Whole/1% Milk				
Extra	Cream cheese	Water	Water	Water	Water

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**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.  
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PARENT COMMENTS  
5/27/2015