

SHASTA HEAD START 3-5 Year Old Menu 2024-2025	Monday	Tuesday	Wednesday	Thursday	Friday
	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 1/2 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.	Pancakes OR Waffle OR French Toast 0.6 oz eq.
1% Milk 6 ounce	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk
Extra/Meat and Meat Alternate			Cheese	Eggs	
Lunch					
Meat/Fish/Cheese 1.5 oz Beans 3/8 cup	Tuna Sandwich Or Casserole	Chicken Taco OR Enchiladas	Pinto Beans & Rice	Beef Stroganoff	Sausage and Tortellini Soup
Vegetable 1/4 cup Leafy Greens 1/2 cup	Broccoli OR Peas & Carrots (A)	Carrots (A) Or Shredded Cabbage and Cilantro (C)	Green Beans	Mixed Vegetables	Mixed Greens Salad
Fruit 1/4 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 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	WGR Pasta 1/4 cup cooked	Bread 0.5 oz eq.
Milk 6 ounces	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 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		Cheesy Bread 0.6 oz = 0.5 oz eq.	Zesty Cereal Mix OR Cereal 3/4 cup	Gold Fish 21 =0.5 oz eq.	Watermelon OR Mixed Fruit
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving	Bagel 0.5 oz eq.		Unflavored 1% Milk	Crackers 6=1/2 serving 0.5 oz.	
Milk 4 ounces				Water	
Extra	Water/cream cheese	Water	Fruit optional		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. Menus</p> <p>subject to change. (WGR) Whole Grain Rich Allergies or Intolerances of Food and Milk will be followed with a Diet Orders</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 7/1/2024 Menu Ends 6/27/2025</p>					

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Meal Pattern Week 2

Breakfast

Fruit 1/2 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.
1% Milk 6 ounce	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk
Extra/Meat and Meat Alternate		Yogurt		Shredded Cheese	

Breakfast

Meat/Fish/Cheese 1.5 oz Beans 3/8 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 1/4 cup Leafy Greens 1/2 cup	Broccoli & Cauliflower	Fiesta Corn OR Corn on the Cob	Carrots (A)	Mixed Greens Salad	Veggie Sticks including Zucchini
Fruit 1/4 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 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 6 ounces	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk
Extra					

P.M. Snack

Meat/Meat Alternate (see amt. by food)				Hard Boiled Eggs 1/2 large	Cheese 1/2 oz
Vegetable OR Fruit 1/2 cup	Oranges (C)	Honeydew (C)	Veggie Sticks		Apple Slices OR Watermelon
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving	Bagel 0.5 oz eq.	WGR Zesty Cereal Mix 3/4 c	Gold Fish 21 = 1/4 cup = 1/2 serving 0.5 oz eq. Crackers 6 = 1/2 serving 0.5 oz.	Bread 0.5 oz eq.	
Milk 4 ounces					
Extra	Water/ cream cheese	Water	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.

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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 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 3					
Breakfast					
Fruit 1/2 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	Pancakes OR Waffle 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.
1% Milk 6 ounce	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk
Extra/Meat and Meat Alternate		Eggs			Shredded Cheese
Lunch					
Meat/Fish/Cheese 1.5 oz Beans 3/8 cup	Grilled Cheddar Cheese Sandwich	Ground Beef Taco	Baked Cod	Spaghetti W/ Ground Beef Sauce	Chicken Stir Fry OR Asian Chicken Noodle Salad
Vegetable 1/4 cup Leafy Greens 1/2 cup	Tomato Basil Soup OR Vegetable Soup (C)	Cabbage or Corn	Broccoli (A)	Green Beans	Fresh Mixed Vegetables (A&C)
Fruit 1/4 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 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 6 ounces	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk
Extra					
P.M. Snack					
Meat/Meat Alternate (see amt. by food)				Yogurt 2 oz. OR 1/4 cup	Cheese 1/2 oz
Vegetable OR Fruit 1/2 cup	Carrot Sticks (A)	Banana		Mango	Apples OR Watermelon
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving	Gold Fish 21 =1/4 cup =1/2 serving 0.5 oz eq.	WGR Zesty Cereal Snack 3/4 cup	Bagel 0.5 oz eq.		
Milk 4 ounces	Crackers 6=1/2 serving 0.5 oz.		Unflavored 1% Milk		
Extra	Water	Water	Water/Cream cheese	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.					
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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 4

Breakfast

Fruit 1/2 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.	WGR Chex 3/4 cup	Bread 0.5 oz eq.	WGR Oatmeal 1/4 cup cooked	WGR 0.5 oz eq. Tortilla Cheese Quesadilla	English Muffin 0.5 oz eq.
1% Milk 6 ounce	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk
Extra/Meat and Meat Alternate		Cottage Cheese		Cheese	

Lunch

Meat/Fish/Cheese 1.5 oz Beans 3/8 cup	Ham Sandwich	Cheese Pizza	Seasoned Chicken	Porcupine Meatballs OR Meatloaf	Cowboy Beans
Vegetable 1/4 cup Leafy Greens 1/2 cup	Carrots (A) OR Vegetable Soup	Broccoli & Cauliflower	Brussels Sprouts (C) OR Sweet Potatoes	Green Beans	Chopped Spinach & Red Pepper Salad (A & C)
Fruit 1/4 cup	Strawberries (C)	Oranges (C)	Mango (A&C)	Cantaloupe (A&C)	Watermelon
Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 1/4 c cooked Rice or Pasta = 1/2 oz eq.	Bread 0.5 oz eq.	WGR Crust 0.5 oz. eq.	WGR Seasoned Pasta 1/4 cup cooked	Dinner Roll	WGR Cornbread 2x2 = .0.5 oz eq
Milk 6 ounces	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk
Extra					

P.M. Snack

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

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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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	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

	Monday	Tuesday	Wednesday	Thursday	Friday
Fruit 1/2 cup	Pears	Apricots (A)	Banana	Mandarins Oranges (A&C)	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 Cheerios 1/2 cup	Bread 0.5 oz eq.	WGR Oatmeal 1/4 cup cooked	Bagel 0.5 oz eq	Pancakes OR Waffle OR French Toast 0.6 oz eq.
1% Milk 6 ounce	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk
Extra/Meat and Meat Alternate		Eggs		Cottage Cheese	

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish/Cheese 1.5 oz Beans 3/8 cup	Turkey Sandwich	Vegetarian White Beans	Chicken Strips	Macaroni & Cheese	Hamburger Gravy OR Shepherds Pie
Vegetable 1/4 cup Leafy greens 1/2 cup	Carrot Sticks (A)	Mixed Vegetables (A&C)	Broccoli (C)	Brussels Sprouts (C)	Mashed Red Potatoes
Fruit 1/4 cup	Kiwi (C)	Strawberries (C)	Mango (A&C)	Mixed Fruit (A&C)	Cantaloupe (A&C)
Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 1/4 c cooked Rice or Pasta = 1/2 oz eq.	Bread 0.5 oz eq	WGR Cornbread 0.6 oz 2x2	Garlic Bread 0.5 oz eq.	WGR Pasta 1/4 cup cooked	Dinner Roll 0.5 oz eq.
Milk 6 ounces	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk
Extra					

P.M. Snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternate (see amt. by food)	Non Fat Plain Yogurt 2 oz. OR 1/4 cup				Cheese Slices 1/2 oz
Vegetable OR Fruit 1/2 cup	Fruit	Watermelon Or Other Fruit	Pineapple (C)	Veggie Stick including Zucchini	Apple Slices
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving		WGR Zesty Mix 3/4 cup	Cheesy Bread 0.6 oz = 0.5 oz eq.	Gold Fish 21 =1/4 cup =1/2 serving 0.5 oz eq.	
Milk 4 ounces				Crackers 6=1/2 serving 0.5 oz.	
Extra	Water	Water	Water	Water	Water

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Meal Pattern Week 6					
Breakfast					
Fruit 1/2 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.
1% Milk 6 ounce	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk
Extra/Meat and Meat Alternate		Country Gravy		Eggs	Yogurt
Lunch					
Meat/Fish/Cheese 1.5 oz Beans 3/8 cup	Grilled Cheddar Cheese Sandwich	Pork Taco Or Pork Verde Or Pork Pozole	Ground Beef Spaghetti Or Lasagna	Baked Cod	Chicken Alfredo
Vegetable 1/4 cup Leafy Greens 1/2 cup	Tomato Basil Soup	Shredded Cabbage (C)	Green Beans	Mixed Vegetables (A&C)	Broccoli (C)
Fruit 1/4 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 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 6 ounces	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 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 (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving	Bagel 0.5 oz eq.	Bread Stick 0.5 oz eq.		Gold Fish 21 =1/4 cup =0.5 oz eq.	
Milk 4 ounces	Unflavored 1% Milk				
Extra	Cream cheese	Water	Water	Water	Water
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