

<b>SHASTA HEAD START</b> <b>1-2 Year Old Menu</b> <b>2025-2026</b>	<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
	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	7/11 8/22 10/3 11/14 12/26 2/6 3/20 5/1 6/12					

**Meal Pattern Week 1**

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	Peaches OR Banana WGR Chex 3/4 cup Unflavored Whole/1% Milk	Apricots (A) WGR Oatmeal Or Whole Grain Cream of Wheat 1/4 cup cooked Unflavored Whole/1% Milk	Apples OR Applesauce English Muffin OR WGR Tortilla 0.5 oz eq. Unflavored Whole/1% Milk Cheese	Pears Bread 0.5 oz eq. Unflavored Whole/1% Milk Eggs	Warmed Berries ( C ) WGR Waffles OR Pancakes Or French Toast 0.6 oz eq. Unflavored Whole/1% Milk

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	Tuna Sandwich Or Casserole Broccoli ( C ) OR Peas & Carrots (A) Pineapple ( C ) Bread 0.5 oz eq. OR Crackers 6= 0.5 oz eq. OR Pasta 1/4 cup cooked Unflavored Whole/1% Milk	Chicken Taco OR Enchiladas Carrots (A) Or Shredded Cabbage and Cilantro ( C ) Strawberries ( C ) WGR Tortilla 0.5 oz eq. Unflavored Whole/1% Milk	Pinto Beans & Rice Green Beans Mango (A&C) WGR Brown Rice 1/4 cup cooked Unflavored Whole/1% Milk	Beef Stroganoff Mixed Vegetables Cantaloupe Slices (A&C) WGR Pasta 1/4 cup cooked Unflavored Whole/1% Milk	Sausage and Tortellini Soup Mixed Greens & Red Peppers(A&C) Orange Slices ( C ) Bread 0.5 oz eq. Unflavored Whole/1% Milk

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

**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 7/8/2025 Menu Ends 6/26/2026**

PARENT COMMENTS

SHASTA HEAD START 1-2 Year Old Menu 2025-2026	Monday	Tuesday	Wednesday	Thursday	Friday
	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	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

**Meal Pattern Week 2**

**Breakfast**

Fruit 1/4 cup	Peaches	Mixed Fruit OR Smoothie	Apricots (A)	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 Or Whole Grain Cream of Wheat 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	Cheese Pizza	Beef Chili	Chicken Salad Sandwich OR Chicken Soup
Vegetable 1/8 Leafy Greens 1/4 cup	Carrots (A)	Fiesta Corn OR Corn on the Cob	Veggies including Zucchini	Mixed Greens & Red Peppers Salad (A&C)	Broccoli & Cauliflower ( C ) OR Mixed Vegetables
Fruit 1/8 cup	Pineapple ( C )	Strawberries ( C )	Mango (A&C)	Cantaloupe (A&C)	Kiwi ( 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 Crust 0.5 oz. eq.	WGR Cornbread 2x2 OR Garlic Bread = .05 oz eq	Bread 0.5 oz.. OR WGR Pasta 1/4 cup cooked or Crackers 6 = 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)					Cheese 1/2 oz
Vegetable OR Fruit 1/2 cup	Oranges ( C )	Honeydew ( C )	Mixed Berries ( C )	Cucumber and Carrots	Apple Slices OR Watermelon
Cereal or Bread Or Crackers 1/2 serving	Bagel 0.5 oz eq.	Pita Bread 0.5 oz eq.	Crackers 6=1/2 serving 0.5 oz.	Breadstick 0.5 oz eq.	
Milk 4 ounces					
Extra	Water/ cream cheese	Water/ Hummus	Water	Water	Water

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**Meal Pattern Week 3**

**Breakfast**

Fruit 1/4 cup	Peaches	Mandarins (A&C)	Applesauce	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	Beef Taco OR Fajita	Mrs. Friday Baked Cod	Spaghetti W/ Ground Beef Sauce	Chicken Stir Fry OR Asian Chicken Noodle Salad
Vegetable 1/8 Leafy Greens 1/4 cup	Tomato Soup 1/4 cup and Cucumbers 1/16 cup	Corn	Broccoli OR Cabbage ( C )	Green Beans	Fresh Mixed Vegetables (A&C )
Fruit 1/8 cup	Mixed Fruit OR Kiwi	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 0.5 oz eq.	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		Bell Peppers & Onions			

**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	Blueberries ( C )	Mango (A&C)	Apples OR Watermelon
Cereal or Bread Or Crackers 1/2 serving	Crackers 6=1/2 serving .eq	WGR Zesty Cereal Snack Or Cereal 3/4 cup	Bagel 0.5 oz eq.		
Milk 4 ounces					
Extra	Water	Water/Milk	Water/cream cheese	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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**Meal Pattern Week 4**

**Breakfast**

Fruit 1/4 cup	Peaches	Bananas	Pineapple ( C )	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>	<b>WGR Oatmeal Or Whole Grain Cream of Wheat 1/4 cup cooked</b>	Bread 0.5 oz	WGR Tortilla 0.5 oz Cheese Quesadilla	English Muffin OR French Toast 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	<b>Ham Sandwich</b>	<b>Cheese Pizza</b>	<b>Cooks Choice Chicken</b>	<b>Porcupine Meatballs OR Meatloaf</b>	<b>Cowboy Beans</b>
Vegetable 1/8 Leafy Greens 1/4 cup	<b>Carrots (A)</b>	<b>Fresh Mixed Vegetables</b>	<b>Broccoli ( C ) OR Sweet Potatoes (A&amp;C)</b>	<b>Peas &amp; Carrots (A)</b>	<b>Chopped Spinach &amp; Carrot Salad(A &amp; C)</b>
Fruit 1/8 cup	<b>Honeydew ( C )</b>	<b>Oranges ( C )</b>	<b>Mango (A&amp;C)</b>	<b>Cantaloupe (A&amp;C)</b>	<b>Watermelon OR Mandarins</b>
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>	<b>Dinner Roll 0.5 oz eq.</b>	<b>WGR Cornbread 2x2 = .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>	<b>Turkey</b>			<b>Cheese 1/2 oz</b>
Vegetable OR Fruit 1/2 cup	<b>Tropical Fruit</b>		<b>Strawberries ( C )</b>	<b>Apple Slices</b>	<b>Mixed Fruit</b>
Cereal or Bread Or Crackers 1/2 serving		<b>WGR Tortilla OR Crackers</b>	<b>Bread Sticks 0.5 oz eq.</b>	<b>Bagel 0.5 oz eq.</b>	
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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**Meal Pattern Week 5**

Breakfast					
Fruit 1/4 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 Or Whole Grain Cream of Wheat 1/4 cup cooked	Bagel 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		Eggs			

Lunch					
Meat/Fish/Cheese 1 oz. Beans 1/4 cup	Turkey OR Roast Beef Sandwich	Vegetarian White Beans	Chicken Strips	Macaroni & Cheese	Hamburger Gravy OR Shepherds Pie
Vegetable 1/8 Leafy Greens 1/4 cup	Carrot Sticks (A)	Mixed Vegetables (A&C)	Broccoli OR Coleslaw ( C )	Brussels Sprouts ( C )	Mashed Red Potatoes
Fruit 1/8 cup	Pineapple ( C )	Strawberries ( C )	Cantaloupe (A&C)	Mixed Fruit	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 Cornbread 0.6 oz 2x2	Garlic Bread 0.5 oz eq.	WGR Pasta 1/4 cup cooked	Dinner Roll 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)	Non Fat Plain Yogurt 2 oz. OR 1/4 cup				Cheese Slices 1/2 oz
Vegetable OR Fruit 1/2 cup	Blueberries ( C )	Watermelon	Kiwi ( C )	Veggies including Zucchini	Apple Slices
Cereal or Bread Or Crackers 1/2 serving		WGR Zesty Cereal Mix OR Cereal 3/4 cup	Cheesy Bread 0.6 oz = 0.5 oz eq.	Crackers 6=1/2 serving 0.5 oz.	
Milk 4 ounces					
Extra	Water	Water/ Milk	Water	Water	Water

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**Meal Pattern Week 6**

**Breakfast**

Fruit 1/4 cup	Peaches	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	English Muffin 0.5 oz eq.	WGR Oatmeal Or Whole Grain Cream of Wheat 1/4 cup cooked	Biscuit 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	Yogurt

**Lunch**

Meat/Fish/Cheese 1 oz. Beans 1/4 cup	Grilled Cheddar Cheese Sandwich	Pork Verde Or Pork Pozole	Ground Beef Spaghetti Or Lasagna	Baked Cod OR Fish Taco	Chicken Alfredo
Vegetable 1/8 Leafy Greens 1/4 cup	Tomato Soup 1/4 cup and Cucumbers 1/16 cup	Shredded Cabbage ( C )	Green Beans OR Brussel Sprouts	Mixed Vegetables (A&C)	Broccoli ( C )
Fruit 1/8 cup	Kiwi ( 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 OR Tortilla 0.5 oz eq	WGR Pasta 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)					Cheese 1/2 oz
Vegetable OR Fruit 1/2 cup	Banana	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.	Pita Bread	Crackers 6=1/2 serving 0.5 oz.	
Milk 4 ounces					
Extra	Water/Cream cheese	Water	Water/Hummus	Water	Water

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