SHASTA HEAD START	Monday	Tuesday	Wednesday	Thursday	Friday		
3-5 Year Old Menu 2025-2026	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						
	Peaches OR Banana		Apples OR Applesauce	Pears	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 or Whole Grain Cream of Wheat 1/4 cup cooked	English Muffin OR WGR Tortilla 0.5 oz eq.	Bread 0.5 oz eq.	WGR Pancakes OR Waffle OR French Toast 0.6 oz eq.		
1% Milk 6 ounce Extra/Meat and Meat Alternate	Unflavored 1% Milk	Unflavored 1% Milk		Unflavored 1% Milk Eggs	Unflavored 1% Milk		
		Lunch		1-33*	•		
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 (C)OR Peas & Carrots (A)	Carrots (A) Or Shredded Cabbage and Cilantro ( C )	Green Beans	Mixed Vegetables	Mixed Greens & Red Pepper Salad (A&C)		
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. =	Bread 0.5 oz eq. OR Crackers 6= 0.5 oz eq. OR WGR Pasta 1/4 cup cooked		WGP Prown Pice 1/4 our	WGR Pasta 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) Vegetable OR Fruit 1/2 cup Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving	Mandarin (A&C) Bagel 0.5 oz eq.	Mixed Berries (C) Cheesy Bread 0.6 oz = 0.5 oz eq.	` ,	Fresh Veggies Sticks Gold Fish 21 =0.5 oz eq. OR	Cheese 1/2 oz. Watermelon OR Mixed Fruit		
Milk 4 ounces	Waterland and all a con-	<b></b> .	NA/-4	Crackers 6=1/2 serving 0.5 oz.	NA/a4a		
Extra	Water/cream cheese	Water		11410.	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. Menu Starts 7/8/2025 Menu Ends 6/26/2026 "The USDA and the CDE are equal opportunity providers and employers."

SHASTA HEAD START	Monday	Tuesday	Wednesday	Thursday	Friday
3-5 Year Old Menu 2025-2026	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 1/2 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 eg.	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.
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	
Meat/Fish/Cheese 1.5 oz Beans 3/8 cup	Turkey Sandwich	Bean and Cheese Burrito OR Bean Casserole	Cheese Pizza	Beef Chili	Chicken Salad Sandwich OR Chicken Soup
Vegetable 1/4 cup Leafy Greens 1/2 cup	Carrots (A)	Fiesta Corn OR Corn on the Cob	Veggie Sticks including Zucchini	Mixed Greens & Red Pepper Salad (A&C)	Broccoli & Cauliflower ( C ) OR Mixed Vegetables
Fruit 1/4 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 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 = .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)					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 (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving	Bagel 0.5 oz eq.	Pita Bread 0.5oz eq.	Gold Fish 21 =1/4 cup =1/2 serving 0.5 oz eq.	Breadstick 0.5 oz eq.	
Milk 4 ounces			Crackers 6=1/2 serving 0.5 oz.		
Extra		Water / Hummus	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

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<sup>1-2</sup> 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 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 7/8/2025 Menu Ends 6/26/2026

SHASTA HEAD START	Monday	Tuesday	Wednesday	Thursday	Friday			
3-5 Year Old Menu 2025-2026	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	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			
Meal Pattern Week 3								
	Breakfast							
Fruit 1/2 cup	Peaches	Mandarins (A&C)	Apple Sauce		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		Muttin () 9 Az 1/2	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	Beef Taco or Fajita	Mrs. Friday Baked Cod		Chicken Stir Fry OR Asian Chicken Noodle Salad			
Vegetable 1/4 cup Leafy Greens 1/2 cup	Tomato Soup 1/2 cup and Cucumber Slices 1/8 cup	Corn	Broccoli Or Coleslaw ( C )	Green Beans	Fresh Mixed Vegetables (A&C )			
Fruit 1/4 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 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 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		Bell Pepper & Onion						
		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 (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.							
Extra	Water	Water	<u> </u>		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

Menus

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

SHASTA HEAD START	Monday	Tuesday	Wednesday	Thursday	Friday	
3-5 Year Old Menu 2025-2026	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	7/30 9/10 10/22 12/3 1/14 2/25 4/8 5/20 7/1	7/31 9/11 10/23 12/4 1/15 2/26 4/9 5/21 7/2	8/1 9/12 10/24 12/5 1/16 2/27 4/10 5/22 7/3	
Meal Pattern Week 4						
		Breakfast				
Fruit 1/2 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.	WGR Chex 3/4 cup	WGR Oatmeal or Whole Grain Cream of Wheat 1/4 cup cooked	Bread 0.5 oz eq.	WGR 0.5 oz eq. Tortilla Cheese Quesadilla	English Muffin or French Toast 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	Cook's Choice Chicken	Porcupine Meatballs OR Meatloaf	Cowboy Beans	
Vegetable 1/4 cup Leafy Greens 1/2 cup	Carrots (A)	Fresh Mixed Vegetables	Broccoli ( C ) OR Sweet Potatoes (A&C)	Peas & Carrots (A)	Chopped Spinach & Carrot Salad (A & C)	
Fruit 1/4 cup	Honeydew ( C )	Oranges ( C)	Mango (A&C)	Cantaloupe (A&C)	Watermelon or Mandarins	
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	II)inner Roll (),5 oz eg.	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			Cheese 1/2 oz	
Vegetable OR Fruit 1/2 cup	Tropical Fruit		Strawberries ( C )	Apple Slices	Mixed Fruit	
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, =1/2 oz eq. Milk 4 ounces		WGR Tortilla or Crackers	Bread Sticks 0.5 oz eq.	Bagel 0.5 oz eq.		
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.					
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						

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

SHASTA HEAD START 3-5 Year Old Menu	Monday	Tuesday	Wednesday	Thursday	Friday		
2025-2026	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	8/6 9/17 10/29 12/10 1/21 3/4 4/15 5/27	8/7 9/18 10/30 12/11 1/22 3/5 4/16 5/28	8/8 9/19 10/31 12/12 1/23 3/6 4/17 5/29		
Meal Pattern Week 5							
		Breakfast					
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 eg.	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 Pancakes OR Waffle OR French Toast 0.6 oz eg.		
1% Milk 6 ounce  Extra/Meat and Meat Alternate	Unflavored 1% Milk	Unflavored 1% Milk Eggs	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk		
Extra/meat and meat Arternate		Lunch					
Meat/Fish/Cheese 1.5 oz Beans 3/8 cup	Turkey or Roast Beef 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 or Coleslaw ( C )	Brussels Sprouts ( C )	Mashed Red Potatoes		
Fruit 1/4 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 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						
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)	Veggie Stick including Zucchini	Apple Slices		
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving Milk 4 ounces		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. Crackers 6=1/2 serving			
Extra Whole Milk Is served from Age 1	Water	Water	Water	0.5 oz. 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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Menu Starts 7/8/2025 Menu Ends 6/26/2026

	Monday	Tuesday	Wednesday	Thursday	Friday		
3-5 Year Old Menu 2025-2026	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	8/13 9/24 11/5 12/17 1/28 3/11 4/22 6/3	8/14 9/25 11/6 12/18 1/29 3/12 4/23 6/4	8/15 9/26 11/7 12/19 1/30 3/13 4/24 6/5		
Meal Pattern Week 6							
		Breakfast					
Fruit 1/2 cup	Peaches	Apricots (A)	Pears	Mixed Fruit	Berries ( C )		
Cereal or Bread (see amt. by food) 0.5 oz			WGR Oatmeal or Whole				
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.	Grain Cream of Wheat 1/4 cup cooked	Biscuit 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	1			Country Gravy	Yogurt		
		Lunch					
Meat/Fish/Cheese 1.5 oz Beans 3/8 cup	Grilled Cheddar Cheese Sandwich	Pork Verde Or Pork Pozole	Ground Beef Spaghetti Or Lasagna	Baked Cod OR Fish Taco	Chicken Alfredo		
Vegetable 1/4 cup Leafy Greens 1/2 cup	Tomato Soup 1/2 cup and Cucumber Slices 1/8 cup	Shredded Cabbage ( C )	Green Beans or Brussel Sprouts ( C )	Mixed Vegetables (A&C)	Broccoli ( C )		
Fruit 1/4 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 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		
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)					Cheese 1/2 oz		
Vegetable OR Fruit 1/2 cup	Banana	Veggie Sticks (A&C)	Mandarins ( C )	Oranges(C)	Apple Slices		
Cereal or Bread (see amt. by food) 0.5  oz eg. = 1/2 slice, 1/2 serving  Milk 4 ounces	Bagel 0.5 oz eq.	Bread Stick 0.5 oz eq.	Pita Bread	Gold Fish 21 =1/4 cup =0.5 oz eq.			
Extra	Water/Cream cheese	Water	Water / Hummus	Water	Water		

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Menus

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