

SHASTA HEAD START 3-5 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 1/2 cup	Peaches WGR Cheerios 1/2 cup Unflavored 1% Milk	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.		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
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 = .05 oz eq	Bread 0.5 oz.. OR WGR Pasta 1/4 cup cooked OR Crackers 6 = 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)	Oranges (C) Bagel 0.5 oz eq. Water/ cream cheese	Honeydew (C) Pita Bread 0.5oz eq. Water / Hummus	Mixed Berries (C) Gold Fish 21 =1/4 cup =1/2 serving 0.5 oz eq. Crackers 6=1/2 serving 0.5 oz.	Cucumber and Carrots Breadstick 0.5 oz eq. Water	Cheese 1/2 oz Apple Slices OR Watermelon Water
Vegetable OR Fruit 1/2 cup					
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving					
Milk 4 ounces					
Extra					
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					
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					

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Meal Pattern Week 3					
Breakfast					
Fruit 1/2 cup	Peaches	Mandarins (A&C)	Apple Sauce	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	Beef Taco or Fajita	Mrs. Friday 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 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 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		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	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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SHASTA HEAD START 3-5 Year Old Menu 2025-2026	Monday	Tuesday	Wednesday	Thursday	Friday
	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 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 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			
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		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
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 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					

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Meal Pattern Week 6					
Breakfast					
Fruit 1/2 cup	Peaches WGR Kix 3/4 cup Unflavored 1% Milk	Apricots (A) English Muffin 0.5 oz eq. Unflavored 1% Milk	Pears WGR Oatmeal or Whole Grain Cream of Wheat 1/4 cup cooked Unflavored 1% Milk	Mixed Fruit Biscuit 0.5 oz eq. Unflavored 1% Milk Country Gravy	Berries (C) Bagel 0.5 oz eq. Unflavored 1% Milk Yogurt
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.					
1% Milk 6 ounce					
Extra/Meat and Meat Alternate					
Lunch					
Meat/Fish/Cheese 1.5 oz Beans 3/8 cup	Grilled Cheddar Cheese Sandwich Tomato Soup 1/2 cup and Cucumber Slices 1/8 cup Kiwi (C) Bread 0.5 oz eq. Unflavored 1% Milk	Pork Verde Or Pork Pozole Shredded Cabbage (C) Strawberries (C) WGR Tortilla 0.5 oz. eq. Unflavored 1% Milk	Ground Beef Spaghetti Or Lasagna Green Beans or Brussel Sprouts (C) Cantaloupe (A&C) WGR Pasta 1/4 cup cooked Unflavored 1% Milk	Baked Cod OR Fish Taco Mixed Vegetables (A&C) Pineapple (C) WGR Seasoned Brown Rice 1/4 cup cooked or Tortilla 0.5 oz eq Unflavored 1% Milk	Chicken Alfredo Broccoli (C) Mango (A&C) WGR Pasta Unflavored 1% Milk
Vegetable 1/4 cup Leafy Greens 1/2 cup					
Fruit 1/4 cup					
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.					
Milk 6 ounces					
Extra					
P.M. Snack					
Meat/Meat Alternate (see amt. by food)	Banana Bagel 0.5 oz eq. Water/Cream cheese	Veggie Sticks (A&C) Bread Stick 0.5 oz eq. Water	Mandarins (C) Pita Bread Water / Hummus	Oranges (C) Gold Fish 21 =1/4 cup =0.5 oz eq. Water	Cheese 1/2 oz Apple Slices Water
Vegetable OR Fruit 1/2 cup					
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving					
Milk 4 ounces					
Extra					
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 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					