

SHASTA HEAD START 1-5-Year-Old Menu	Monday	Tuesday	Wednesday	Thursday	Friday

Meal Pattern	Cook Sick Day One Week Menu
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Breakfast					
Fruit or Vegetable	Pears	Applesauce	Peaches	Mixed Berries (C)	Mixed Fruit
Cereal or Bread	WGR Cheerios	WGR Bagel	WGR KIX	WGR Pancakes	WGR Wheaties
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Extra	Fruit Spread	Low Fat Cream Cheese			

Lunch					
Meat/Meat Alternate	Ham Sandwich	Vegetarian White Beans	Cheddar Cheese Sandwich	Tuna OR Chicken Salad	Turkey Sandwich
Vegetable	Carrots (A)	Mixed Vegetables	Broccoli (C)	Carrots (A)	Green Bean Salad
Fruit	Mixed Fruit (C)	Mango (A&C)	Pineapple (C)	Mandarin (C)	Strawberries (C)
Bread/Bread Alternate	Bread	Dinner Roll	WGR Wheat Bread	Whole Wheat Crackers	WGR Bread
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Extra					

P.M. Snack					
Meat/Meat Alternate	Cheese Slices	Mixed Fruit	Yogurt		
Vegetable - Fruit			Fruit		Veggies
Bread	Whole Wheat Crackers	Bread		Bagel	Whole Wheat Crackers
Milk				1% Milk	
Extra	Water	Water/fruit spread or sun butter	Water	Low Fat 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 change.
Refer to meal pattern for amounts of food for each age group

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. (check "Choking Hazards") (Copied from the Nutrition Standards)

Refer to meal pattern for amounts of food for each age group Updated 1/27/2023 "The USDA and the CDE are equal opportunity providers and employers"

SITE NAME & NUMBER

Monday Cook Sick Day

Number Served	Date	Required Components	Name of Food Used	F	Estimated Amt.			Amt Prepared	Amt Leftover
					25	50	75		
3 to 5 yrs.: _____ Adults: _____ Total: _____	(Mo/Day)	Juice, Fruit or Vegetable: 1/2 cup	Pears	1/2 cup	12.5 cups	25 cup	37.5 cup		
BREAKFAST MENU		Grain/Bread/Cereal: Cereal Dry Flakes or rounds 1/2 cup or puffs 3/4 cup Cereal Cooked:1/4 cup Grain/Bread: 1/2 slice or 0.5 oz.	Cheerios	1/2 cup	12.5 cups	25 cup	37.5 cup		
Pears		Milk: 3/4 cup or 6 oz.	1% Milk	21.3	1.25 gal	2.5 gal	3.75 gal		
WGR Cheerios		Extra:							
1% Milk									
Fruit Spread									
3 to 5 yrs.: _____ Adults: _____ Total: _____	Meat Component Temperature:	Meat or Meat Alternate: 1 1/2 oz. meat 3 T Peanut Butter 3/8 c cooked dry beans/peas 3/4 large egg	Ham	1 1/2 oz	3.5#	4.75#	7.25#		
LUNCH MENU		Fruit or Vegetable: 1/4 cup	Carrots	15.4	1.75#	3.25#	5#		
Ham Sandwich		Fruit or Vegetable: 1/4 cup	Mixed Fruit	1/4 cup	6.25cup	12.5 cup	18.75 cup		
Carrots		Grain/Bread: 1/2 slice or 0.5 oz. 1/2 serving or 1/4 cup cooked	Bread	0.5 oz.	12.5 oz.	25 oz	2.5#		
Mixed Fruit		Milk: 3/4 cup or 6 oz.	1% Milk	21.3	1.25 gal	2.5 gal	3.75 gal		
Bread		Extra:							
1% Milk									
3 to 5 yrs.: _____ Adults: _____ Total: _____		Meat or Meat Alternate: 1/2 oz. meat, nuts, cheese 1 T Peanut Butter 1/8 c cooked dry beans/peas 1/2 large egg	Cheese Slices	0.5 oz.	12.5 oz.	25 oz	2.5#		
SNACK MENU		Fruit or Vegetable: 1/2 cup							
Cheese Slices		Grain/Bread/Cereal: Bread:1/2 slice or 0.5 oz. Cereal:Cold rounds /flakes 1/2 c puffs 3/4 c Cracker: 0.4 oz.	Crackers 6=oz.eq	0.4oz	10 oz.	20 oz	30oz		
Crackers		Milk: 1/2 cup or 4 oz.							
Water		Extra:	Water						

SITE NAME & NUMBER Tuesday Cook Sick Day

Number Served	Date	Required Components	Name of Food Used	F	Estimated Amt.			Amt Prepared	Amt Leftover
					25	50	75		
3 to 5 yrs.: _____ Adults: _____ Total: _____	(Mo/Day)	Juice, Fruit or Vegetable: Applesauce #10 can OR 1/2 cup Applesauce #2.5can		50	0.5can 1.75can	1 can	1.5 can		
BREAKFAST MENU		Grain/Bread/Cereal: Cereal Dry Flakes or rounds 1/2 cup or puffs 3/4 cup Cereal Cooked: 1/4 cup Grain/Bread: 1/2 slice or 0.5 oz.	Bagel	1/2 cup 0.5 oz.	12.5 12.5 oz.	25.0 25 oz	37.5 2.5#		
Applesauce									
WGR Bagel									
1% Milk		Milk: 3/4 cup or 6 oz.	1% Milk	21.3	1.25 gal	2.5 gal	3.75 gal		
Cream Cheese		Extra:	Cream Cheese						
3 to 5 yrs.: _____ Adults: _____ Total: _____	Meat Component Temperature:	Meat or Meat Alternate: 1 1/2 oz. meat 3 T Peanut Butter 3/8 c cooked dry beans/peas 3/4 large egg	White Beans # 10 Can OR 14 oz. Can	21.6 2.91	1.25 Can 9 Cans	2.5 cans	3.5 cans		
LUNCH MENU		Fruit or Vegetable: 1/4 cup	Mixed Vegetables	1/4 cup	6.25cup	12.5cup	18.75 cup		
White Beans		Fruit or Vegetable: 1/4 cup	Mango	7.6	3.5#	6.75#	10#		
Mixed Vegetables		Grain/Bread: 1/2 slice or 0.5 oz. 1/2 serving or 1/4 cup cooked	Whole Wheat Dinner Roll	0.5 oz.	12.5 oz.	25 oz	2.5#		
Mango		Milk: 3/4 cup or 6 oz.	1% Milk	21.3	1.25 gal	2.5 gal	3.75 gal		
Whole Wheat Dinner Roll		Extra:							
1% Milk									
3 to 5 yrs.: _____ Adults: _____ Total: _____		Meat or Meat Alternate: 1/2 oz. meat, nuts, cheese 1 T Peanut Butter 1/8 c cooked dry beans/peas 1/2 large egg	Mixed Fruit	1/2 cup	12.5cup	25cup	37.5cup		
SNACK MENU		Fruit or Vegetable: 1/2 cup	Bread	0.5 oz.	12.5 oz.	25 oz	2.5#		
Mixed Fruit		Grain/Bread/Cereal: Bread: 1/2 slice or 0.5 oz. Cereal: Cold rounds /flakes 1/2 c puffs 3/4 c Cracker: 0.4 oz.							
Whole Wheat Bread		Milk: 1/2 cup or 4 oz.							
Water/fruit spread or sun butter		Extra:	Water/fruit spread or sun butter						

SITE NAME & NUMBER

Wednesday Cook Sick Day

Number Served	Date	Required Components	Name of Food Used	F	Estimated Amt.			Amt Prepared	Amt Leftover
					25	50	75		
3 to 5 yrs.: _____ Adults: _____ Total: _____	(Mo/Day)	Juice, Fruit or Vegetable: 1/2 cup	Peaches Frozen Peaches #10 Can	47.6 50 1/2 cup	1.25# 1.25can 12.5	2.25# 2.25can 25.0	3.25# 3.25can 37.5		
BREAKFAST MENU		Grain/Bread/Cereal: Cereal Dry Flakes or rounds 1/2 cup or puffs 3/4 cup Cereal Cooked: 1/4 cup Grain/Bread: 1/2 slice or 0.5 oz.	WGR Kix	3/4 cup	18.5cup	37.5cup	56.25cup		
		Milk: 3/4 cup or 6 oz.	1% Milk	21.3	1.25 gal	2.5gal	3.75gal		
		Extra:							
3 to 5 yrs.: _____ Adults: _____ Total: _____	Meat Component Temperature:	Meat or Meat Alternate: 1 1/2 oz. meat 3 T Peanut Butter 3/8 c cooked dry beans/peas 3/4 large egg	Cheddar Cheese	1.5 oz.	2.5#	4.75#	7.25#		
LUNCH MENU		Fruit or Vegetable: 1/4 cup	Broccoli Florets	28.8	1#	1.75#	2.8		
		Fruit or Vegetable: 1/4 cup	Pineapple #10 Can OR #2 Can	49.5 9.2	0.5 can 2.75can	1can	1.5can		
		Grain/Bread: 1/2 slice or 0.5 oz. 1/2 serving or 1/4 cup cooked	Bread	1/4 cup 0.5 oz.	6.3 12.5 oz.	12.5 25oz	18.8 2.5lb		
		Milk: 3/4 cup or 6 oz.	1% Milk	21.3	1.25 gal	2.5gal	3.75gal		
		Extra:							
3 to 5 yrs.: _____ Adults: _____ Total: _____		Meat or Meat Alternate: 1/2 oz. meat, nuts, cheese 1 T Peanut Butter 1/8 c cooked dry beans/peas 1/2 large egg	Non Fat Plain Yogurt OR 1/4 cup	2oz 1/4cup	50 oz 12.5	100 oz 25.0	150 oz 37.5		
SNACK MENU		Fruit or Vegetable: 1/2 cup	Fruit	cupcups	12.5	25.0	37.5		
		Grain/Bread/Cereal: Bread: 1/2 slice or 0.5 oz. Cereal: Cold rounds /flakes 1/2 c puffs 3/4 c Cracker: 0.4 oz.							
		Milk: 1/2 cup or 4 oz.							
		Extra:							

SITE NAME & NUMBER

Thursday Cook Sick Day

Number Served	Date	Required Components	Name of Food Used	F	Estimated Amt.			Amt Prepared	Amt Leftover
					25	50	75		
3 to 5 yrs.: _____ Adults: _____ Total: _____	(Mo/Day)								
BREAKFAST MENU									
Mixed Berries		Juice, Fruit or Vegetable: 1/2 cup	Mixed Berries	1/2 cup	12.5 cups	25cup	37.5cup		
WGR Pancakes		Grain/Bread/Cereal: Cereal Dry Flakes or rounds 1/2 cup or puffs 3/4 cup Cereal Cooked:1/4 cup Grain/Bread: 1/2 slice or 0.5 oz.	WGR Pancakes	0.6 oz.	1#	2#	3#		
1% Milk		Milk: 3/4 cup or 6 oz.	1% Milk	21.3	1.25gal	2.5gal	3.75gal		
		Extra:							
3 to 5 yrs.: _____ Adults: _____ Total: _____	Meat Component Temperature:								
LUNCH MENU									
Tuna or Chicken		Meat or Meat Alternate: 1 1/2 oz. meat 3 T Peanut Butter 3/8 c cooked dry beans/peas 3/4 large egg	Tuna or Chicken	1.5 oz	37.5 oz	4.75#	7.25#		
Carrots		Fruit or Vegetable: 1/4 cup	Carrots	15.4	1.75#	3.25#	5#		
Mandarin		Fruit or Vegetable: 1/4 cup	Mandarin	1/4 cups	6.25cup	12.5cup	18.75cup		
Whole Wheat Crackers		Grain/Bread: 1/2 slice or 0.5 oz. 1/2 serving or 1/4 cup cooked	Whole Wheat Crackers 6=serving equivalent	0.4 oz.	10 oz.	20oz	30 oz		
1% Milk		Milk: 3/4 cup or 6 oz.	1% Milk	21.3	1.25gal	2.5gal	3.75gal		
		Extra:							
3 to 5 yrs.: _____ Adults: _____ Total: _____									
SNACK MENU									
Bagel		Meat or Meat Alternate: 1/2 oz. meat, nuts, cheese 1 T Peanut Butter 1/8 c cooked dry beans/peas 1/2 large egg	Bagel	0.5oz	12.5 oz.	25oz	37.5oz		
1% Milk		Fruit or Vegetable: 1/2 cup							
		Grain/Bread/Cereal: Bread:1/2 slice or 0.5 oz. Cereal: Cold rounds /flakes 1/2 c puffs 3/4 c Cracker: 0.4 oz.							
Cream Cheese		Milk: 1/2 cup or 4 oz.	1% Milk	32	1gal	1.75gal	2.5gal		
		Extra:	Cream Cheese						

Friday Cook Sick Day

Number Served	Date	Required Components	Name of Food Used	F	Estimated Amt.			Amt Prepared	Amt Leftover
					25	50	75		
3 to 5 yrs.: _____ Adults: _____ Total: _____	(Mo/Day)								
BREAKFAST MENU									
Mixed Fruit Wheaties 1% Milk		Juice, Fruit or Vegetable: 1/2 cup Grain/Bread/Cereal: Cereal Dry Flakes or rounds 1/2 cup or puffs 3/4 cup Cereal Cooked: 1/4 cup Grain/Bread: 1/2 slice or 0.5 oz. Milk: 3/4 cup or 6 oz. Extra:	Mixed Fruit Wheaties 1% Milk	1/2 cup 1/2 cup 21.3	12.5 cups 12.5 cups 1.25 gal	25cup 25cup 2.5 gal	37.5cup 37.5cup 3.75 gal		
3 to 5 yrs.: _____ Adults: _____ Total: _____	Meat Component Temperature:								
LUNCH MENU									
Turkey Sandwich Green Bean Salad with Italian Dressing Strawberries Bread 1% Milk		Meat or Meat Alternate: 1 1/2 oz. meat 3 T Peanut Butter 3/8 c cooked dry beans/peas 3/4 large egg Fruit or Vegetable: 1/4 cup Fruit or Vegetable: 1/4 cup Grain/Bread: 1/2 slice or 0.5 oz. 1/2 serving or 1/4 cup cooked Milk: 3/4 cup or 6 oz. Extra:	Turkey Breast Green Beans Strawberries 1/4 cup Bread 1% Milk	1.5 oz 1/4 cup 1/4 cup 0.5 oz 21.3	2.5# 6.25cup 6.25cup 12.5 oz 1.25 gal	4 lb 12.5cup 12.5cup 25oz 2.5 gal	7.5 lb 18.75cup 18.75cup 37.5 3.75 gal		
3 to 5 yrs.: _____ Adults: _____ Total: _____									
SNACK MENU									
Veggies Whole Wheat Crackers Water		Meat or Meat Alternate: 1/2 oz. meat, nuts, cheese 1 T Peanut Butter 1/8 c cooked dry beans/peas 1/2 large egg Fruit or Vegetable: 1/2 cup Grain/Bread/Cereal: Bread: 1/2 slice or 0.5 oz. Cereal: Cold rounds /flakes 1/2 c puffs 3/4 c Cracker: 0.4 oz. Milk: 1/2 cup or 4 oz. Extra:	Veggies Whole Wheat Crackers 6=serving equivalent Water	1/2cup 0.4	12.5cup 10oz	25cup 20 oz	37.5cup 30 oz		