SHASTA HEAD START 1-5-Year-Old Menu	Monday	Tuesday	Wednesday	Thursday	Friday	
Meal Pattern	Cook Sick Day C)ne Week Menu				
		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 1/4inch 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 employers

Updated 1/27/2023

"The USDA and the CDE are equal opportunity providers and

	Sha	asta Head Sta	art			Vendor						
Center			Cook S	Sick Day 1 Wee	k GRO	DCERY LIST		For the W	eek of_		_	
Meat / Fisl	า	Dairy		Produc	e	Bread		Frozen Food	ds	General Groceries		
	Order		Order		Order		Order		Order		Order	
Tuna Or Chicken		1% Milk		Strawberries		Bread X4		Mixed Berries		Pears		
Ham		Whole Milk		Carrots x2		Crackers X3		Mango		Applesauce		
Turkey		Lactaid Milk		Broccoli		Bagels X2		Mixed Vegetables		Peaches		
		Soy Milk		Celery		Dinner Rolls		Pancakes		Mixed Fruit X2		
		Sliced Cheddar		Onion						Pineapple		
		Low Fat Yogurt		Mix veggies						Mandarin		
		Cream Cheese								Green Beans		
										Italian Dressing		
										White Beans		
										Kix		
										Cheerios		
										Wheaties		
										Sun Butter		
										Fruit Spread		
This list	does no	t include the staples y	ou should	have on hand, i.e	e., flour, co	orn meal, vanilla, fruit si	pread , may	onnaise , salsa etc . Ch e	eck for n	eeded foods in recipe's	s	
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Cooks		<u> </u>				_Date		6756-30				
Head Teacher /S	.S			Date	<u> </u>							
Area Manager						_Date						

SITE NAME & N		CATION: CHILD NUTRITION AND	Monday Cook Sick I		MENU PRO					
SITE NAME & N	UNIDER	Required	I Widitay Cook Sick i	Jay						I
Number Served	Date	Components	Name of Food Used		Estimated Amt.				Amt Prepared	Amt Leftover
					25	50	75			
3 to 5 yrs.:	(Mo/Day)	Juice, Fruit or Vegetable:	Pears	1/2 cup	12.5 cups	25 cup	37.5 cup			
Adults:		1/2 cup								
Total:										
BREAKFA	ST MENU	Grain/Bread/Cereal: Cereal Dry Flakes or rounds 1/2	Cheerios	1/2 cup	12.5 cups	25 cup	37.5 cup			
Pears		cup or puffs 3/4 cup Cereal Cooked:1/4 cup Grain/Bread: 1/2 slice or 0.5 oz.								
WGR Cheeric	s	1/2 5/100 5/10/02								
1% Milk		Milk : 3/4 cup or 6 oz.	1% Milk	21.3	1.25 gal	2.5 gal	3.75 gal			
Fruit Spread		Extra:								
3 to 5 yrs.:	Meat	Meat or Meat Alternate:	Ham	1 1/2 oz	3.5#	4.75#	7.25#			
Adults:	Component Temperature:	1 1/2 oz. meat								
Total:	Temperature:	3 T Peanut Butter 3/8 c cooked dry beans/peas								
LUNCH	MENU	3/4 large egg								
Ham Sandwic	h	Fruit or Vegetable: 1/4 cup	Carrots	15.4	1.75#	3.25#	5#			
Carrots		Fruit or Vegetable: 1/4 cup	Mixed Fruit	1/4 cup	6.25cup	12.5 cup	18.75 cup			
Mixed Fruit										
Bread		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#			
1% Milk		Milk:	1% Milk	21.3	1.25 gal	2.5 gal	3.75 gal			
		3/4 cup or 6 oz.								
		Extra:								
3 to 5 yrs.:		Meat or Meat Alternate:	Cheese Slices	0.5 oz.	12.5 oz.	25 oz	2.5#			
Adults:		1/2 oz. meat, nuts, cheese								
Total:		1 T Peanut Butter 1/8 c cooked dry beans/peas								
SNACK		1/2 large egg								
Cheese Slices	3	Fruit or Vegetable:								
		1/2 cup								
Crackers		Grain/Bread/Cereal:	Crackers 6=oz.eq	0.4oz	10 oz.	20 oz	30oz			
		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.								
Water		Extra:	Water							updated 1/27/23

CALIFORNIA DEPARTMENT OF EDUCATION: CHILD NUTRITION AND FOOD DISTRIBUTION DIVISION					MENU PRODUCTION RECORD						
SITE NAME	& NUMB		Tuesday Cook Sick Day								
Number Served	Date	Required Components	Name of Food Used			Amt Leftover					
					25	50	75	Amt Prepared			
3 to 5 yrs.:	(Mo/Day)	Juice, Fruit or Vegetable:	Applesauce #10 can OR	50	0.5can	1 can	1.5 can				
Adults:	, ,,	1/2 cup	Applesauce #2.5can		1.75can						
Total:				1/2 cup			37.5				
BREAKFAS	ST MENU	Grain/Bread/Cereal:	Bagel	0.5 oz.	12.5 oz.	25 oz					
Applesauce		Cereal Dry Flakes or rounds 1/2 cup or puffs 3/4 cup									
		Cereal Cooked:1/4 cup									
WGR Bagel		Grain/Bread: 1/2 slice or 0.5 oz.									
1% Milk		Milk:									
70 141111		3/4 cup or 6 oz.	1% Milk	21.3	1.25 gal	2.5 gal	3.75 gal				
Cream Cheese	Э	Extra:	Cream Cheese								
3 to 5 yrs.:	Meat	Meat or Meat Alternate:	White Beans # 10 Can OR	21.6	1.25 Can	2.5 cans	3.5 cans				
Adults:	Component	1 1/2 oz. meat	14 oz. Can	2.91	9 Cans						
Total:	Temperature:	3 T Peanut Butter 3/8 c cooked dry beans/peas									
LUNCH	MENU	3/4 large egg									
White Beans		Fruit or Vegetable:	Mixed Vegetables	1/4 cup	6.25cup	12.5cup	18.75 cup				
		1/4 cup									
Mixed Vegetal	oles	Fruit or Vegetable:	N4 - 11 - 12 - 12 - 12 - 12 - 12 - 12 - 1		0 = "	0.75"	40"				
Manga		1/4 cup	Mango	7.6	3.5#	6.75#	10#				
Mango		Grain/Bread:	Whole Wheat Dinner Roll	0.5 oz.	12.5 oz.	25.07	2.5#				
Whole Wheat	Dinner Roll		Wildle Wileat Diffile Itoli	0.5 02.	12.5 02.	25 oz	2.5#				
WHOIC WHEAT		1/2 serving or 1/4 cup cooked									
1% Milk		Milk:	1% Milk	21.3	1.25 gal	2.5 gal	3.75 gal				
		3/4 cup or 6 oz.			3		J J				
		Extra:									
3 to 5 yrs.:		Meat or Meat Alternate:									
Adults:		1/2 oz. meat, nuts, cheese									
Total:		1 T Peanut Butter 1/8 c cooked dry beans/peas									
SNACK	MENU	1/2 large egg									
		Fruit or Vegetable:	Mixed Fruit	1/2 cup	12.5cup	25cup	37.5cup				
Mixed Fruit		1/2 cup									
Whole Wheat	Bread	Grain/Bread/Cereal: Bread:1/2 slice or 0.5 oz.	Bread	0.5 oz.	12.5 oz.	25 oz	2.5#				
		Cereal: Cold rounds /flakes 1/2									
		c puffs 3/4 c Cracker: 0.4 oz.									
		Milk:									
		1/2 cup or 4 oz.									
Water/fruit spread	d or sun butter	Extra:	Water/fruit spread or sun butter						updated 1/27/2023		

CALIFORNIA DEPARTMENT OF EDUCATION: CHILD NUTRITION AND FOOD DISTRIBUTION DIVISION					MENU PRODUCTION RECORD						
SITE NAME & N	UMBER		Wednesday Cook Sick Day								
Number Served Date		Required Components	Name of Food Used	F		Estimate	d Amt.	Amt Prepared	Amt Leftover		
					25	50	75				
3 to 5 yrs.:	(Mo/Day)	Juice, Fruit or Vegetable:	Peaches Frozen	47.6	1.25#	2.25#	3.25#				
Adults:		1/2 cup	Peaches #10 Can	50	1.25can	2.25can	3.25can				
Total:				1/2 cup	12.5	25.0	37.5				
	AST MENU	Grain/Bread/Cereal:									
Peaches WGR Kix		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				
1% Milk		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	Cheddar Cheese	1.5 oz.	2.5#	4.75#	7.25#				
	H MENU	3/8 c cooked dry beans/peas 3/4 large egg									
Cheese		Fruit or Vegetable: 1/4 cup	Broccoli Florets	28.8	1#	1.75#	2.8				
Broccoli		Fruit or Vegetable: 1/4 cup	Pineapple #10 Can OR	49.5	0.5 can		1.5can				
Pineapple		0	#2 Can	9.2	2.75can		40.0				
Bread		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					
1% Milk		Milk:	1% Milk	21.3	1.25 gal	2.5gal	3.75gal				
		3/4 cup or 6 oz. Extra:									
3 to 5 yrs.:			Non Fat Plain Yogurt OR	2oz	50 oz	100 oz	150 oz	i i			
Adults: Total:	K MENU	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	1/4 cup	1/4cup	12.5						
Yogurt	<u>-</u>	Fruit or Vegetable: 1/2 cup	Fruit	cupcups	12.5	25.0	37.5				
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. Milk: 1/2 cup or 4 oz. Extra:							updated 1/27/23		

CALIFORNIA DEPARTMENT OF EDUCATION: CHILD NUTRITION AND FOOD DISTRIBUTION DIVISION					MENU PRODUCTION RECORD					
SITE NAME	& NUMB	ER	Thursday Cool	k Sick	Day					
Number Served	Date	Required				Estimate	Amt Prepared	Amt Leftover		
					25	50	75			
3 to 5 yrs.:	(Mo/Day)	Juice, Fruit or Vegetable:	Mixed Berries	1/2 cup	12.5 cups	25cup	37.5cup			
Adults:		1/2 cup								
Total:										
BREAKFAS	ST MENU	Grain/Bread/Cereal: Cereal Dry Flakes or rounds 1/2	WGR Pancakes	0.6 oz.	1#	2#	3#			
Mixed Berries		cup or puffs 3/4 cup								
		Cereal Cooked:1/4 cup Grain/Bread:								
WGR Pancak	es	Grain/Bread: 1/2 slice or 0.5 oz.								
1% Milk		Milk:	407.1411							
		3/4 cup or 6 oz.	1% Milk	21.3	1.25gal	2.5gal	3.75gal			
	T	Extra:	T 01:1	<u> </u>		l	<u> </u>		<u> </u>	
3 to 5 yrs.:	Meat Component	Meat or Meat Alternate:	Tuna or Chicken	1.5 oz	37.5 oz	4.75#	7.25#			
Adults:	Temperature:	1 1/2 oz. meat 3 T Peanut Butter								
Total:	<u> </u>	3/8 c cooked dry beans/peas								
LUNCH		3/4 large egg								
Tuna or Chick	en	Fruit or Vegetable:	Carrots	15.4	1.75#	3.25#	5#			
Carrots		1/4 cup								
Carrois		Fruit or Vegetable:	Mandarin	1/4 01100	6 OF our	10 Four	10 7Faun			
Mandarin		1/4 cup	Ivianuaiiii	1/4 cups	6.25cup	12.5cup	18.75cup			
Maridariii		Grain/Bread:	Whole Wheat Crackers							
Whole Wheat	Crackers	1/2 slice or 0.5 oz.	6=serving equivalent	0.4 oz.	10 oz.	20oz	30 oz			
William William	Ordonoro	1/2 serving or 1/4 cup cooked	0-3crving equivalent	0.4 02.	10 02.	2002	30 02			
1% Milk		Milk:	1% Milk	21.3	1.25gal	2.5gal	3.75gal			
. , , , , , , , , , , , , , , , , , , ,		3/4 cup or 6 oz.	1 70 1011111	21.0	1.20gui	2.094	o., ogai			
		Extra:								
3 to 5 yrs.:									1	
Adults:		Meat or Meat Alternate: 1/2 oz. meat, nuts, cheese								
Total:		1 T Peanut Butter								
SNACK	MENII	1/8 c cooked dry beans/peas 1/2 large egg								
OHAON	WILING	Fruit or Vegetable:								
		1/2 cup								
Bagel		Grain/Bread/Cereal:	Bagel	0.5oz	12.5 oz.	25oz	37.5oz			
9		Bread:1/2 slice or 0.5 oz.								
		Cereal: Cold rounds /flakes 1/2 c puffs 3/4 c								
1% Milk		Cracker: 0.4 oz.								
		Milk:	1% Milk	32	1gal	1.75gal	2.5gal			
		1/2 cup or 4 oz.								
Cream Cheese	Δ	Extra-	Cream Cheese	I			I		undated1/27/2023	

CALIFORNIA DEPAI	RTMENT OF EDU	ICATION: CHILD NUTRITION AND	FOOD DISTRIBUTION DIVISION		MENU PR	ODUCTIO	N RECOR	LD .	
			Friday Cook Sick D	ay					
Number Served	Date	Required Components	Name of Food Used	F	Estimated Amt. Amt Prepared				Amt Leftover
					25	50	75		
3 to 5 yrs.:	(Mo/Day)	Juice, Fruit or Vegetable:	Mixed Fruit	1/2 cup	12.5 cups				
Adults:		1/2 cup							
Total:		·							
BREAKFA	ST MENU	Grain/Bread/Cereal:	Wheaties	1/2 cup	12.5 cups	25cup	37.5cup		
		Cereal Dry Flakes or rounds 1/2 cup or puffs 3/4 cup							
Mixed Fruit		Cereal Cooked:1/4 cup							
Wheaties		Grain/Bread: 1/2 slice or 0.5 oz.							
1% Milk		Milk:	4 0/ NA:IL	04.0	4.05	0.5	0.75		
		3/4 cup or 6 oz.	1% Milk	21.3	1.25 gal	2.5 gal	3.75 gal		
		Extra:							
3 to 5 yrs.:	Meat	Mandan Manda Manada	Turkey Breast	1.5 oz	2.5#	4 lb	7.5 lb		
Adults:	Component	Meat or Meat Alternate: 1 1/2 oz. meat							
Total:	Temperature:	3 T Peanut Butter							
LUNCH	MENU	3/8 c cooked dry beans/peas 3/4 large egg							
Turkey Sandw		Fruit or Vegetable:	Green Beans	1/4 cup	6.25cup	12.5cup	18.75cup		
Green Bean S		1/4 cup							
Italian Dressin	ng	Fruit or Vegetable:	Strawberries 1/4 cup	1/4 cup	6.25cup	12.5cup	18.75cup		
		1/4 cup							
Strawberries		Grain/Bread:	D .	1					
Drood		1/2 slice or 0.5 oz.	Bread	0.5 oz	12.5 oz	25oz	37.5		
Bread		1/2 serving or 1/4 cup cooked							
1% Milk		Milk:	1% Milk	21.3	1.25 gal	2.5 gal	3.75 gal		
		3/4 cup or 6 oz.							
		Extra:							
3 to 5 yrs.:		Meat or Meat Alternate:							
Adults:		1/2 oz. meat, nuts, cheese							
Total:		1 T Peanut Butter 1/8 c cooked dry beans/peas							
SNACK	MENU	1/2 large egg							
		Fruit or Vegetable:	Veggies	1/2cup	12.5cup	25cup	37.5cup		
Veggies		1/2 cup							
Whole Wheat	Crackers	Grain/Bread/Cereal:	Whole Wheat Crackers	0.4	10oz	20 oz	30 oz		
		Bread:1/2 slice or 0.5 oz.	6=serving equivalent						
		Cereal: Cold rounds /flakes 1/2 c puffs 3/4 c							
		Cracker: 0.4 oz.							
		Milk:							
Water		1/2 cup or 4 oz.	Water						dete d 4/07/0000
Water		Extra:	Water			Ī	I		updated 1/27/2023