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|--|--|--|--|--|--|
| SHASTA HEAD START 1-2 Year Old Menu 2024-2025 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 7/1 8/12 9/23 11/4 12/16 1/27 3/10 4/21 6/2 | 7/2 8/13 9/24 11/5 12/17 1/28 3/11 4/22 6/3 | 7/3 8/14 9/25 11/6 12/18 1/29 3/12 4/23 6/4 | 7/4 8/15 9/26 11/7 12/19 1/30 3/13 4/24 6/5 | 7/5 8/16 9/27 11/8 12/20 1/31 3/14 4/25 6/6 |

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 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 | Mixed Fruit 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

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|---|---|---|--|--|--|
| 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 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 OR W 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 Salad 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 | Mixed Berries (C) Bagel 0.5 oz eq. Water/cream cheese | Mandarin Cheesy Bread 0.6 oz = 0.5 oz eq. Water | Zesty Cereal Mix OR Cereal 3/4 cup Unflavored Whole/1% Milk Fruit optional | 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.

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.

"The USDA and the CDE are equal opportunity providers and employers." Menu Starts 7/1/2024 Menu Ends 6/27/2025

PARENT COMMENTS

| SHASTA HEAD START 1-2 Year Old Menu 2024-2025 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|---|
| | 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 | 7/12 8/23 10/4 11/15 12/27 2/7 3/21 5/2 6/13 |

Meal Pattern Week 2

Breakfast

| | | | | | |
|---|--------------------------|----------------------------|----------------------------|---|--------------------------|
| Fruit 1/4 cup | Apricots (A) Or Banana | Mixed Fruit OR Smoothie | Peaches | 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 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 | Chicken Salad Sandwich OR Chicken Soup Or Casserole | Beef Chili Con Carne | Cheese Pizza |
| Vegetable 1/8 Leafy Greens 1/4 cup | Broccoli & Cauliflower | Fiesta Corn OR Corn on the Cob | Carrots (A) | Mixed Greens Salad | Veggies including Zucchini |
| Fruit 1/8 cup | Pineapple (C) | Strawberries (C) | Kiwi (C) | Mango (A&C) | Cantaloupe (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. | Bread 0.5 oz.. OR WGR Pasta 1/4 cup cooked OR Crackers 6 = 0.5 oz eq. | Garlic Bread 0.5 oz eq. | WGR Crust 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) | Oranges (C) | Honeydew (C) | Veggie Sticks | Hard Boiled Eggs 1/2 large | Cheese 1/2 oz |
| Vegetable OR Fruit 1/2 cup | | | | | |
| Cereal or Bread Or Crackers 1/2 serving | | | | | |
| Milk 4 ounces | | | | | |
| Extra | Bagel 0.5 oz eq. | WGR Zesty Cereal Mix 3/4 c | Crackers 6=1/2 serving 0.5 oz. | Bread 0.5 oz eq. | Apple Slices OR Watermelon |
| | Water/ cream cheese | Water | Water | Water | Water |

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| | 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 | 7/19 8/30 10/11 11/22 1/3 2/14 3/28 5/9 6/20 |

Meal Pattern Week 3

| Breakfast | | | | | |
|---|--------------------------|--------------------------|--|---|---|
| Fruit 1/4 cup | Peaches | Mandarins (A&C) | Mixed Berries (C) | 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 | Ground Beef Taco | Baked Cod | Spaghetti W/ Ground Beef Sauce | Chicken Stir Fry OR Asian Chicken Noodle Salad |
| Vegetable 1/8 Leafy Greens 1/4 cup | Tomato Basil Soup OR Vegetable Soup (C) | Cabbage or Corn | Broccoli (A) | Green Beans | Fresh Mixed Vegetables (A&C) |
| Fruit 1/8 cup | Mixed Fruit | 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 | 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 | | | | | |

| P.M. Snack | | | | | |
|--|--|--|--|-------------------------|----------------------|
| Meat/Meat Alternate (see amt. by food) | Carrot Sticks (A) Crackers 6=1/2 serving .eq Water | Banana WGR Zesty Cereal Snack 3/4 cup Water | Bagel 0.5 oz eq. Unflavored Whole/1% Milk cream cheese | Yogurt 2 oz. OR 1/4 cup | Cheese 1/2 oz |
| Vegetable OR Fruit 1/2 cup | | | | Mango | Apples OR Watermelon |
| Cereal or Bread Or Crackers 1/2 serving | | | | | |
| Milk 4 ounces | | | | | |
| Extra | | | | Water | Water |

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Menu Starts 7/1/2024 Menu Ends 6/27/2025

PARENT COMMENTS

| SHASTA HEAD START 1-2 Year Old Menu 2024-2025 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|--|
| | 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 | 7/26 9/6 10/18 11/29 1/10 2/21 4/4 5/16 6/27 |

Meal Pattern Week 4

Breakfast

| | | | | | |
|---|--------------------------|--------------------------|-------------------------------|--|-----------------------------|
| Fruit 1/4 cup | Peaches | Mandarins (A&C) | Bananas | 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 | Bread 0.5 oz | WGR Oatmeal 1/4 cup cooked | WGR Tortilla 0.5 oz Cheese Quesadilla | English Muffin 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 | Ham Sandwich | Cheese Pizza | Seasoned Chicken | Porcupine Meatballs OR Meatloaf | Cowboy Beans |
| Vegetable 1/8 Leafy Greens 1/4 cup | Carrots (A) OR Vegetable Soup | Broccoli & Cauliflower | Brussels Sprouts (C) OR Sweet Potatoes | Green Beans | Chopped Spinach & Red Pepper Salad (A & C) |
| Fruit 1/8 cup | Strawberries (C) | Sliced Oranges (C) | Mango (A&C) | Cantaloupe (A&C) | Watermelon |
| 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 Crust 0.5 oz. eq. | WGR Seasoned Pasta 1/4 cup cooked | Dinner Roll | WGR Cornbread 2x2 = .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 | Turkey Roll Up | | | Cheese 1/2 oz |
| Vegetable OR Fruit 1/2 cup | Fruit | | Honeydew (C) | Apple Slices | Mixed Fruit |
| Cereal or Bread Or Crackers 1/2 serving | | WGR Tortilla | Bread Sticks 0.5 oz eq. | Bagel 0.5 oz eq. | |
| Milk 4 ounces | | | | | |
| Extra | Water | Water | Water/ | Water/cream cheese | Water |

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PARENT COMMENTS

| SHASTA HEAD START 1-2 Year Old Menu 2024-2025 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|--|
| | 7/29 9/9 10/21 12/2 1/13 2/24 4/7 5/19 | 7/30 9/10 10/22 12/3 1/14 2/25 4/8 5/20 | 7/31 9/11 10/23 12/4 1/15 2/26 4/9 5/21 | 8/1 9/12 10/24 12/5 1/16 2/27 4/10 5/22 | 8/2 9/13 10/25 12/6 1/17 2/28 4/11 5/23 |

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 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 | | Cottage Cheese | |

Lunch

| | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|----------------------------------|
| Meat/Fish/Cheese 1 oz. Beans 1/4 cup | Turkey 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 (C) | Brussels Sprouts (C) | Mashed Red Potatoes |
| Fruit 1/8 cup | Kiwi (C) | Strawberries (C) | Mango (A&C) | Mixed Fruit (A&C) | Cantaloupe (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 | Fruit | Watermelon Or Other Fruit | Pineapple (C) | Veggies including Zucchini | Apple Slices |
| Cereal or Bread Or Crackers 1/2 serving | | WGR Zesty Mix 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 | Water | Water | Water |

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PARENT COMMENTS

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|---|---|--|--|--|---|
| | 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 | 8/9 9/20 11/1 12/13 1/24 3/7 4/18 5/30 |

Meal Pattern Week 6

| Breakfast | | | | | |
|---|--------------------------|--------------------------|----------------------------|---------------------------|--------------------------|
| Fruit 1/4 cup | Peaches OR Banana | 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 | Biscuit 0.5 oz eq. | WGR Oatmeal 1/4 cup cooked | English Muffin 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 | | Eggs | Yogurt |

| Lunch | | | | | |
|--|---------------------------------|--|----------------------------------|--|--------------------------|
| Meat/Fish/Cheese 1 oz. Beans 1/4 cup | Grilled Cheddar Cheese Sandwich | Pork Taco Or Pork Verde Or Pork Pozole | Ground Beef Spaghetti Or Lasagna | Baked Cod | Chicken Alfredo |
| Vegetable 1/8 Leafy Greens 1/4 cup | Tomato Basil Soup | Shredded Cabbage (C) | Green Beans | Mixed Vegetables (A&C) | Broccoli (C) |
| Fruit 1/8 cup | Mixed Fruit (A&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 | WGR Pasta |
| 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) | | | Cottage Cheese 2 oz 1/4 cup | | Cheese 1/2 oz |
| Vegetable OR Fruit 1/2 cup | | 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. | | Crackers 6=1/2 serving 0.5 oz. | |
| Milk 4 ounces | Unflavored Whole/1% Milk | | Water | Water | Water |
| Extra | Cream cheese | Water | Water | Water | Water |

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PARENT COMMENTS
6/27/2018