

SHASTA HEAD START 1-2 Year Old Menu 2026-2027	Monday	Tuesday	Wednesday	Thursday	Friday
	6/29 8/10 9/21 11/2 12/14 1/25 3/8 4/19 5/31	6/30 8/11 9/22 11/3 12/15 1/26 3/9 4/20 6/1	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
Meal Pattern Week 1					
Breakfast					
Fruit 1/4 cup	Apricots (A) WGR Kix 3/4 cup Unflavored Whole/1% Milk	Pears Bread 0.5 oz eq. Unflavored Whole/1% Milk Eggs	Peaches WGR Oatmeal or Whole Grain Cream of Wheat 1/4 cup cooked Unflavored Whole/1% Milk	Warmed Berries (C) WGR Pancakes OR Waffle OR French Toast 0.6 oz eq. Unflavored Whole/1% Milk	Apples OR Applesauce English Muffin OR WGR Tortilla 0.5 oz eq. Unflavored Whole/1% Milk Cheese
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					
Lunch					
Meat/Fish/Cheese 1 oz. Beans 1/4 cup	Tuna Sandwich OR Casserole Broccoli (C) OR Peas & Carrots (A) Pineapple (C) Bread 0.5 oz eq. OR Crackers 6= 0.5 oz eq. OR WGR Pasta 1/4 cup cooked Unflavored Whole/1% Milk	Chicken Taco OR Enchiladas Carrots (A) Strawberries (C) WGR Tortilla 0.5 oz eq. Unflavored Whole/1% Milk	Sausage and Tortellini Soup Mixed Greens & Red Pepper Salad (A&C) Cantaloupe Slices (A&C) Bread 0.5 oz eq. Unflavored Whole/1% Milk	Beef Stroganoff Mixed Vegetables Mango (A&C) WGR Pasta 1/4 cup cooked Unflavored Whole/1% Milk	Beans and Rice Cauliflower (C) Orange Slices (C) WGR Brown Rice 1/4 cup cooked Unflavored Whole/1% Milk
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					
P.M. Snack					
Meat/Meat Alternate (see amt. by food)	Mandarin (A&C) Bagel 0.5 oz eq. Water/cream cheese	Blueberries (C) Cheesy Bread 0.6 oz = 0.5 oz eq. Water	Honeydew (C) WGR Zesty Cereal 3/4 cup Water	Fresh Veggies Sticks Crackers 6=1/2 serving 0.5 oz. Water	Cheese 1/2 oz. Watermelon OR Mixed Fruit Water
Vegetable OR Fruit 1/2 cup					
Cereal or Bread Or Crackers 1/2 serving =1/2 oz eq.					
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 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. "This institution is an equal opportunity provider"					
Menu Starts 6/29/2026			Menu Ends 7/2/2027		

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	7/6 8/17 9/28 11/9 12/21 2/1 3/15 4/26 6/7	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
Meal Pattern Week 2					
Breakfast					
Fruit 1/4 cup	Peaches WGR Cheerios 1/2 cup Unflavored Whole/1% Milk	Mixed Fruit English Muffin 0.5 oz. eq. Unflavored Whole/1% Milk Yogurt	Apricots (A) WGR Oatmeal or Whole Grain Cream of Wheat 1/4 cup cooked Unflavored Whole/1% Milk	Applesauce with Cinnamon Bread 0.5 oz. eq. Unflavored Whole/1% Milk	Pears WGR 0.5 oz eq. Tortilla Cheese Quesadilla Unflavored Whole/1% Milk Shredded Cheese
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					
Lunch					
Meat/Fish/Cheese 1 oz. Beans 1/4 cup	Turkey Sandwich Carrots (A) Pineapple (C) Bread 0.5 oz eq. Unflavored Whole/1% Milk	White Beans Mixed Vegetables (A&C) Strawberries (C) WGR Cornbread 0.6 oz 2x2 Unflavored Whole/1% Milk	Cheese Pizza Brussels Sprouts (C) Cantaloupe (A&C) WGR Crust 0.5 oz. eq. Unflavored Whole/1% Milk	Spaghetti W/ Ground Beef Sauce Green Beans Mango (A&C) WGR Pasta 1/4 cup cooked Unflavored Whole/1% Milk	Chicken Salad Sandwich OR Chicken Soup Broccoli & Cauliflower (C) OR Mixed Vegetables Kiwi (C) Bread 0.5 oz.. OR WGR Pasta 1/4 cup cooked OR Crackers 6 = 0.5 oz eq. Unflavored Whole/1% Milk
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					
P.M. Snack					
Meat/Meat Alternate (see amt. by food)	Oranges (C) Bagel 0.5 oz eq. Water/ cream cheese	Cucumber and Carrots Breadstick 0.5 oz eq. Water	Mixed Berries (C) Crackers 6=1/2 serving 0.5 oz. Water	Honeydew (C) Pita Bread 0.5oz eq. Water / Hummus	Cheese 1/2 oz Apple Slices OR Watermelon Water
Vegetable OR Fruit 1/2 cup					
Cereal or Bread Or Crackers 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 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. "This institution is an equal opportunity provider" Menu Starts 6/29/2026 Menu Ends 7/2/2027					

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Meal Pattern Week 3					
Breakfast					
Fruit 1/4 cup	Peaches	Mandarins (A&C)	Mixed Fruit	Pears	Apple Sauce
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 0.5 oz eq.	WGR Tortilla Cheese Quesadilla 0.5oz eq.	Muffin 0.9 oz 1/2 serving 0.5 oz eq.	WGR Pancakes OR Waffle 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	Shredded Cheese		
Lunch					
Meat/Fish/Cheese 1 oz. Beans 1/4 cup	Grilled Cheddar Cheese Sandwich	Beef Taco OR Fajita	Fishwich Sandwich	Chicken Stir Fry OR Chicken Pasta	Beef and Bean Chili
Vegetable 1/8 Leafy Greens 1/4 cup	Tomato Basil Soup 1/2 cup OR Tomatoes and Cucumbers 1/4 cup	Fiesta Corn OR Corn on the Cob	Broccoli Or Coleslaw (C)	Fresh Mixed Vegetables (A&C)	Mixed Greens & Red Pepper Salad (A&C)
Fruit 1/8 cup	Sliced Oranges (C)	Strawberries (C)	Cantaloupe (A&C)	Kiwi (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 0.5oz eq.	Bun 0.5oz eq.	WGR Brown Fried Rice OR WGR Pasta 1/4 cup cooked	WGR Garlic Breadstick 0.5oz 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)	Carrot Sticks (A)	Banana	Blueberries (C)	Yogurt 2 oz. OR 1/4 cup Pineapple (C)	Cheese 1/2 oz Apples OR Watermelon
Vegetable OR Fruit 1/2 cup					
Cereal or Bread Or Crackers 1/2 serving	Crackers 6=1/2 serving 0.5 oz.	WGR Zesty Cereal Snack 3/4 cup	Bagel 0.5 oz eq.		
Milk 4 ounces					
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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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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Meal Pattern Week 4					
Breakfast					
Fruit 1/4 cup	Peaches WGR Chex 3/4 cup Unflavored Whole/1% Milk	Bananas WGR Oatmeal or Whole Grain Cream of Wheat 1/4 cup cooked Unflavored Whole/1% Milk	Applesauce w/ Cinnamon English Muffin or French Toast 0.5 oz eq. Unflavored Whole/1% Milk	Pears WGR 0.5 oz eq. Tortilla Cheese Quesadilla Unflavored Whole/1% Milk Cheese	Pineapple (C) Bread 0.5 oz eq. Unflavored Whole/1% Milk Cottage Cheese
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					
Lunch					
Meat/Fish/Cheese 1 oz. Beans 1/4 cup	Ham Sandwich Carrots (A) Honeydew (C) Bread 0.5 oz eq. Unflavored Whole/1% Milk	Turkey Gravy Mashed Potatoes Strawberries (C) Dinner Roll 0.5 oz eq. Unflavored Whole/1% Milk	Cheese Pizza Fresh Mixed Vegetables Oranges (C) WGR Crust 0.5 oz. eq. Unflavored Whole/1% Milk	Porcupine Meatballs OR Meatloaf Peas & Carrots (A) Mango (A&C) Garlic Bread Sticks 0.5 oz eq. Unflavored Whole/1% Milk	Cowboy Beans Broccoli (C) Watermelon or Mandarins WGR Cornbread 2x2 = .0.5 oz eq Unflavored Whole/1% Milk
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					
P.M. Snack					
Meat/Meat Alternate (see amt. by food)	Non Fat Plain Yogurt 2 oz. OR 1/4 cup Tropical Fruit Water	Cantaloupe (A&C) Crackers 6=1/2 serving 0.5 oz eq. Water/	Hard Boiled Egg Bread 0.5oz eq. Water	Apple Slices Bagel 0.5 oz eq. Water/cream cheese	Cheese 1/2 oz Mixed Fruit Water
Vegetable OR Fruit 1/2 cup					
Cereal or Bread Or Crackers 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.					
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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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Meal Pattern Week 5					
Breakfast					
Fruit 1/4 cup	Pears	Apricots (A)	Mandarins Oranges (A&C)	Banana	Warmed Berries (C)
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 1/4 c	WGR Kix 1/2 cup	Bread 0.5 oz eq.	Bagel 0.5 oz eq	WGR Oatmeal or Whole Grain Cream of Wheat 1/4 cup cooked	WGR Pancakes OR Waffle OR French Toast 0.6 oz eq.
cooked cereal = 1/2 oz eq.	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk
Whole/1%Milk 4 ounce					
Extra/Meat and Meat Alternate		Eggs			
Lunch					
Meat/Fish/Cheese 1 oz. Beans 1/4 cup	Turkey OR Roast Beef Sandwich	Macaroni & Cheese	Bean and Cheese Burrito OR Bean Casserole	Chicken Strips	Ground Beef Spaghetti OR Lasagna
Vegetable 1/8 Leafy Greens 1/4 cup	Carrot Sticks (A)	Brussels Sprouts (C)	Mixed Greens & Red Pepper Salad (A&C)	Broccoli (C)	Green Beans
Fruit 1/8 cup	Pineapple (C)	Honeydew (C)	Strawberries (C)	Mixed Fruit	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	Bread 0.5 oz eq	WGR Pasta 1/4 cup cooked	WGR Tortilla 0.5 oz eq.	Garlic Bread 0.5 oz eq.	WGR Pasta 1/4 cup cooked
cooked Rice or Pasta = 1/2 oz eq.	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk	Unflavored Whole/1% Milk
Milk 4 ounces					
Extra					
P.M. Snack					
Meat/Meat Alternate (see amt. by food)	Non Fat Plain Yogurt 2 oz. OR 1/4 cup	Watermelon WGR Zesty Mix 3/4 cup	Kiwi (C) Crackers 6=1/2 serving 0.5 oz.	Veggie Stick including Zucchini Cheesy Bread 0.6 oz = 0.5 oz eq.	Cheese Slices 1/2 oz
Vegetable OR Fruit 1/2 cup	Blueberries (C)				Apple Slices
Cereal or Bread Or Crackers 1/2 serving					
Milk 4 ounces					
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.					
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Meal Pattern Week 6					
Breakfast					
Fruit 1/4 cup	Peaches	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 Cheerios 3/4 cup	English Muffin 0.5 oz eq.	WGR Oatmeal or Whole Grain Cream of Wheat 1/4 cup cooked	Biscuit 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	Yogurt
Lunch					
Meat/Fish/Cheese 1 oz. Beans 1/4 cup	Grilled Cheddar Cheese Sandwich	Pork Verde OR Pork Pozole	Hamburger Gravy OR Shepherds Pie	Baked Cod OR Fish Taco	Chicken Alfredo OR Cooks Choice Chicken
Vegetable 1/8 Leafy Greens 1/4 cup	Tomato Basil Soup 1/2 cup OR Tomatoes and Cucumbers 1/4 cup	Carrots (A)	Mashed Red Potatoes	Mixed Vegetables (A&C)	Broccoli (C)
Fruit 1/8 cup	Oranges (C)	Strawberries (C)	Honeydew (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.	Dinner Roll 0.5 oz eq.	WGR Seasoned Brown Rice 1/4 cup cooked or WGR Tortilla 0.5 oz eq	WGR Pasta 1/4 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)	Banana Bagel 0.5 oz eq. Water/Cream cheese	Cauliflower and Bell Peppers Bread Stick 0.5 oz eq. Water/Hummus	Kiwi (C) Crackers 6=1/2 serving 0.5 oz. Water	Mandarins (C) Cheesy Bread 0.6 oz = 0.5 oz eq. Water	Cheese 1/2 oz
Vegetable OR Fruit 1/2 cup					Apple Slices
Cereal or Bread Or Crackers 1/2 serving					
Milk 4 ounces					
Extra					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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