

[illegible]

Shasta Head Start				Vendor _____				2025-2026			
Center _____				GROCERY LIST FOR WEEK 1				For the Week of _____			

Meat / Fish		Dairy		Fresh Produce		Bread		Frozen Foods		General Groceries	
	Order		Order		Order		Order		Order		Order
Tuna		Whole Milk		Oranges		Bread		Berries		Peaches	
Ground Beef		1% Milk		Strawberries		English Muffins		Mango		Apricots	
Ground Sausage		Lactaid		Watermelon		Tortilla		Peas & Carrots		Pineapple	
Chicken		Soy Milk		Apples		Bagel		Waffles OR		Applesauce	
		Shred Cheese		Honeydew		Crackers		Pancakes OR		Pears	
		Cream Cheese		Carrots				French Toast		Mandarin	
		Sliced Cheese OR		Cantaloupe				Tortellini		Wheat Chex	
		Cheese Sticks		Bell Pepper				Green Beans		Cheerios	
		Parmesan Cheese		Celery				Mixed Vegetables		Oatmeal	
		Eggs		Onions						Cream of Wheat	
				Spinach						Pasta	
				Banana						Brown Rice	
				Broccoli						Pinto Beans	
				Cabbage						Diced Tomatoes	
				Cilantro							
				Mixed Greens							
				Spinach							
				Mixed Veggies-List							

This list does not include the staples you should have on hand, i.e., flour, corn meal, vanilla, fruit spread, mayonnaise, salsa etc.

Check for needed foods in recipes.

Cooks _____ Date _____		FOR FISCAL USE ONLY	
Head Teacher/S.S. _____ Date _____		Vendor _____ Date _____	
Area Manager _____ Date _____		Invoice# _____	
		6756-30- _____	

Shasta Head Start				Vendor _____				2025-2026			
Center _____		GROCERY LIST FOR WEEK 2						For the Week of _____			

Meat / Fish		Dairy		Fresh Produce		Bread		Frozen Foods		General Groceries	
	Order		Order		Order		Order		Order		Order
Chicken		Whole Milk		Cantaloupe		English Muffin		Mango		Pears	
Ground Beef		1% Milk		Strawberries		Corn Tortilla		Corn		Apricots	
Turkey		Lactaid		Apples OR		Wheat Tortillas		Pizza Crust		Applesauce	
		Soy Milk		Watermelon		Crackers		Mixed Berries		Pineapple	
		Cheese Slices		Honeydew		Bagel				Peaches	
		Shred Cheese		Oranges		Bread				Dole tropical fruit	
		Mozzarella Cheese		Kiwi		Pita Bread				Cheerios	
		Cream Cheese		Cucumbers						Oatmeal	
		Plain Yogurt		Mixed greens						Cream of Wheat	
				Red Bell Peppers						WGR Pasta	
				Carrots						Kidney Beans	
				Celery						Pinto Beans	
				Onion						Marinara	
				Red Onion						Hummus	
				Cauliflower							
				Broccoli							
				Mixed Fruit							
				Veggies including							
				Zucchini							

This list does not include the staples you should have on hand, i.e., flour, corn meal, vanilla, fruit spread, mayonnaise, salsa etc. **Check**

for needed foods in recipes.

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Cooks _____	Date _____	Vendor _____	Date _____
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Area Manager _____	Date _____	6756-30- _____	

Shasta Head Start						Vendor _____		2025-2026			
Center _____						GROCERY LIST FOR WEEK 3					
						For the Week of _____					
Meat / Fish		Dairy		Fresh Produce		Bread		Frozen Foods		General Groceries	
	Order		Order		Order		Order		Order		Order
Ground Beef		Whole Milk		Mandarins		Bagel		Pancakes OR		Mandarins	
Beef		1% Milk		Strawberries		Bread		Waffles OR		Pears	
Cod Fillet		Lactaid		Honeydew		Tortillas		French Toast		Peaches	
Chicken		Soy Milk		Watermelon OR		Corn Tortillas		Mango		Applesauce	
		Shred Cheese		Apples		Crackers		Blueberries		Tomato Soup	
		Cheese Slices		Banana				Green Beans		Diced Tomatoes	
		Cream Cheese		Cantaloupe				Corn		Spaghetti Noodles	
		Eggs		Kiwi						Spaghetti Sauce	
		Yogurt		Mixed Fruit						Brown rice	
				Carrots						Cheerios	
				Onion						Chex	
				Celery						Kix	
				Cabbage						Noodles	
				Broccoli							
				Cucumber							
				Tomatoes							
				Stir Fry Veg							
This list does not include the staples you should have on hand, i.e., flour, corn meal, vanilla, fruit spread, mayonnaise, salsa etc. <div style="float: right;">Check</div>											
for needed foods in recipes.											
Cooks _____ Date _____ Head Teacher/S.S. _____ Date _____ Area Manager _____ Date _____								FOR FISCAL USE ONLY			
								Vendor _____ Date _____			
								Invoice# _____			
								6756-30- _____			

Shasta Head Start				Vendor _____				2025-2026			
Center _____				GROCERY LIST FOR WEEK 4				For the Week of _____			

Meat / Fish		Dairy		Fresh Produce		Bread		Frozen Foods		General Groceries	
	Order		Order		Order		Order		Order		Order
Chicken		Whole Milk		Banana		English Muffin		Mango		Applesauce	
Ground Beef		1% Milk		Cantaloupe		Bagel		Pizza Crust		Peaches	
Turkey		Lactaid		Strawberries		Bread		French Toast		Mandarins	
Sliced Ham		Soy Milk		Apples		Tortilla		Peas & Carrots		Pears	
		Sliced Cheese		Oranges		Dinner Roll				Tropical Fruit	
		Shred Cheese		Honeydew						Pineapple	
		Yogurt		Watermelon OR						Oatmeal OR	
		Cottage Cheese		Mandarin						Cream of Wheat	
				Mango						Pasta	
				Mixed Fruit -List						Instant White Rice	
				Blueberries						Pinto Beans	
				Tropical Fruit						Kidney Beans	
				Spinach						Garbonzo Beans	
				Bell Peppers							
				Carrots							
				Broccoli OR							
				Sweet Potatoes							
				Mixed Veggies							

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Check for needed foods in recipes.

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Shasta Head Start				Vendor _____				2025-2026			
Center _____				GROCERY LIST FOR WEEK 5				For the Week of _____			
Meat / Fish		Dairy		Fresh Produce		Bread		Frozen Foods		General Groceries	
	Order		Order		Order		Order		Order		Order
Chicken		Whole Milk		Banana		Bread		Waffles OR		Pears	
Ground Beef		1% Milk		Strawberries		Bagel		Pancakes OR		Pineapple	
Turkey OR		Lactaid		Cantaloupe		Crackers		French Toast		Apricots	
Roast Beef		Soy Milk		Kiwi		Dinner Roll		Mixed Berries		Mandarin	
		Shred Cheese		Apples				Blueberries		Oatmeal OR	
		Plain Yogurt		Watermelon				Mango		Cream of Wheat	
		Cheese Slices		Mixed Fruit-List				Brussel Sprouts		Wheat Chex	
		Ricotta Cheese		Blueberries				Mixed Vegetables		Cheerios	
				Red Potatoes						Pasta	
				Carrots						White Beans	
				Broccoli OR						Brown Gravy	
				Cabbage							
				Veggies							
				Zucchini							
This list does not include the staples you should have on hand, i.e., flour, corn meal, vanilla, fruit spread, mayonnaise, salsa etc. Check for needed foods in recipes.											
Cooks _____ Date _____ Head Teacher/S.S. _____ Date _____ Area Manager _____ Date _____								FOR FISCAL USE ONLY Vendor _____ Date _____ Invoice# _____ 6756-30- _____			

Shasta Head Start						Vendor _____		2025-2026					
Center_____						GROCERY LIST FOR WEEK 6				For the Week of _____			
Meat / Fish		Dairy		Fresh Produce		Bread		Frozen Foods		General Groceries			
	Order		Order		Order		Order		Order		Order		
Chicken		Whole Milk		Apples		Bread		Mango		Peaches			
Pork		1% Milk		Oranges		Bagels		Mixed Berries		Pears			
Ground Beef		Lactaid		Cantaloupe		Biscuit		Green Beans Or		Apricots			
Cod		Soy Milk		Strawberries		Tortilla		Brussel Sprouts		Dole Tropical Fruit			
		Cream Cheese		Banana		English Muffin		Mixed Vegetables		Pineapple			
		Sliced Cheese		Kiwi		Crackers				Mandarin			
		Non Fat Yogurt		Mixed Fruit-List						Oatmeal OR			
		Shred Cheese								Cream of Wheat			
										Kix			
										Spaghetti Noodles			
										OR Lasagna Noodles			
				Broccoli						Country Gravy			
				Cabbage						Verde Sauce			
				Cucumbers						Spaghetti Sauce			
				Tomatoes						Brown Rice			
				Mixed Vegetables						Pasta			
										Tomato Soup			
										Hominy			
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for needed foods in recipes. Check													
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Head Teacher/S.S. _____ Date _____								Vendor _____ Date _____					
Area Manager _____ Date _____								Invoice# _____					
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