

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

Vendor _____ Date _____

Head Teacher/S.S. _____ Date _____

Invoice# _____

Area Manager _____ Date _____

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						
<p>This list does not include the staples you should have on hand, i.e., flour, corn meal, vanilla, fruit spread, mayonnaise, salsa etc.</p> <p>Check for needed foods in recipes.</p>										
Cooks _____ Date _____						FOR FISCAL USE ONLY				
						Vendor _____ Date _____				
Head Teacher/S.S. _____ Date _____						Invoice# _____				
Area Manager _____ Date _____						6756-30-_____				

