

SHASTA HEAD START 3-5 Year Old Menu 2026-2027	Monday	Tuesday	Wednesday	Thursday	Friday
	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 1/2 cup	Peaches	Mixed Fruit	Apricots (A)	Applesauce with Cinnamon	Pears
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 or Whole Grain Cream of Wheat 1/4 cup cooked	Bread 0.5 oz. eq.	WGR 0.5 oz eq. Tortilla Cheese Quesadilla
1% Milk 6 ounce	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk
Extra/Meat and Meat Alternate		Yogurt			Shredded Cheese
Meat/Fish/Cheese 1.5 oz Beans 3/8 cup	Turkey Sandwich	White Beans	Cheese Pizza	Spaghetti W/ Ground Beef Sauce	Chicken Salad Sandwich OR Chicken Soup
Vegetable 1/4 cup Leafy Greens 1/2 cup	Carrots (A)	Mixed Vegetables (A&C)	Brussels Sprouts (C)	Green Beans	Broccoli & Cauliflower (C) OR Mixed Vegetables
Fruit 1/4 cup	Pineapple (C)	Strawberries (C)	Cantaloupe (A&C)	Mango (A&C)	Kiwi (C)
Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 1/4 c cooked Rice or Pasta = 1/2 oz eq.	Bread 0.5 oz eq.	WGR Cornbread 0.6 oz 2x2	WGR Crust 0.5 oz. eq.	WGR Pasta 1/4 cup cooked	Bread 0.5 oz.. OR WGR Pasta 1/4 cup cooked OR Crackers 6 = 0.5 oz eq.
Milk 6 ounces	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk
Extra					
P.M. Snack					
Meat/Meat Alternate (see amt. by food)	Oranges (C)	Cucumber and Carrots	Mixed Berries (C)	Honeydew (C)	Cheese 1/2 oz
Vegetable OR Fruit 1/2 cup					Apple Slices OR Watermelon
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving					
Milk 4 ounces	Bagel 0.5 oz eq.	Breadstick 0.5 oz eq.	Gold Fish 21 =1/4 cup =1/2 serving 0.5 oz eq. Crackers 6=1/2 serving 0.5 oz.	Pita Bread 0.5oz eq.	
Extra	Water/ cream cheese	Water	Water	Water / Hummus	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 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					

SHASTA HEAD START 3-5 Year Old Menu 2026-2027	Monday			Tuesday			Wednesday			Thursday			Friday																					
	7/13	8/24	10/5	11/16	12/28	2/8	3/22	7/14	8/25	10/6	11/17	12/29	7/15	8/26	10/7	11/18	12/30	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
Meal Pattern Week 3																																		
Breakfast																																		
Fruit 1/2 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			WGR Kix 3/4 cup					Bread					WGR Tortilla Cheese Quesadilla 0.5oz eq.					Muffin 0.9 oz 1/2 serving 0.5 oz eq.					Pancakes OR Waffle OR French Toast 0.6 oz eq.											
c cooked cereal =1/2 oz eq.																																		
1% Milk 6 ounce			Unflavored 1% Milk					Unflavored 1% Milk					Unflavored 1% Milk					Unflavored 1% Milk					Unflavored 1% Milk											
Extra/Meat and Meat Alternate								Eggs					Shredded Cheese																					
Lunch																																		
Meat/Fish/Cheese 1.5 oz Beans 3/8 cup			Grilled Cheddar Cheese Sandwich					Beef Taco OR Fajita					Fishwich Sandwich					Chicken Stir Fry OR Chicken Pasta					Beef & Bean Chili											
Vegetable 1/4 cup Leafy Greens 1/2 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 1/4 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 1/4 c cooked Rice or Pasta = 1/2 oz eq.			Bread 0.5 oz eq.					WGR Tortilla 0.5 oz eq					Bun 0.5 oz eq.					WGR Brown Fried Rice OR WGR Pasta 1/4 cup cooked					WGR Garlic Breadstick 0.5 oz eq.											
Milk 6 ounces			Unflavored 1% Milk					Unflavored 1% Milk					Unflavored 1% Milk					Unflavored 1% Milk					Unflavored 1% Milk											
Extra																																		
P.M. Snack																																		
Meat/Meat Alternate (see amt. by food)																		Yogurt 2 oz. OR 1/4 cup					Cheese 1/2 oz											
Vegetable OR Fruit 1/2 cup			Carrot Sticks (A)					Banana					Blueberries (C)					Pineapple (C)					Apples OR Watermelon											
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving			Gold Fish 21 =1/4 cup =1/2 serving 0.5 oz eq.					WGR Zesty Cereal Snack 3/4 cup					Bagel 0.5 oz eq.																					
Milk 4 ounces			Crackers 6=1/2 serving 0.5 oz.																															
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.																																		
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																			

SHASTA HEAD START 3-5 Year Old Menu 2026-2027	Monday	Tuesday	Wednesday	Thursday	Friday
	7/20 8/31 10/12 11/23 1/4 2/15 3/29 5/10 6/21	7/21 9/1 10/13 11/24 1/5 2/16 3/30 5/11 6/22	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
Meal Pattern Week 4					
Breakfast					
Fruit 1/2 cup	Peaches WGR Chex 3/4 cup Unflavored 1% Milk	Bananas WGR Oatmeal or Whole Grain Cream of Wheat 1/4 cup cooked Unflavored 1% Milk	Applesauce w/ Cinnamon English Muffin or French Toast 0.5 oz eq. Unflavored 1% Milk	Pears WGR 0.5 oz eq. Tortilla Cheese Quesadilla Unflavored 1% Milk Cheese	Pineapple (C) Bread 0.5 oz eq. Unflavored 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.					
1% Milk 6 ounce					
Extra/Meat and Meat Alternate					
Lunch					
Meat/Fish/Cheese 1.5 oz Beans 3/8 cup	Ham Sandwich Carrots (A) Honeydew (C) Bread 0.5 oz eq. Unflavored 1% Milk	Turkey Gravy Mashed Potatoes Strawberries (C) Dinner Roll 0.5 oz eq. Unflavored 1% Milk	Cheese Pizza Fresh Mixed Vegetables Oranges (C) WGR Crust 0.5 oz. eq. Unflavored 1% Milk	Porcupine Meatballs OR Meatloaf Peas & Carrots (A) Mango (A&C) Garlic Bread Sticks 0.5 oz eq. Unflavored 1% Milk	Cowboy Beans Broccoli (C) Watermelon or Mandarins WGR Cornbread 2x2 = .05 oz eq Unflavored 1% Milk
Vegetable 1/4 cup Leafy Greens 1/2 cup					
Fruit 1/4 cup					
Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving 1/4 c cooked Rice or Pasta = 1/2 oz eq.					
Milk 6 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. Water/	Hard Boiled Egg Bread 0.5 oz 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 (see amt. by food) 0.5 oz eq. = 1/2 slice, =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		

SHASTA HEAD START 3-5 Year Old Menu 2026-2027	Monday	Tuesday	Wednesday	Thursday	Friday
	7/27 9/7 10/19 11/30 1/11 2/22 4/5 5/17 6/28	7/28 9/8 10/20 12/1 1/12 2/23 4/6 5/18 6/29	7/29 9/9 10/21 12/2 1/13 2/24 4/7 5/19 6/30	7/30 9/10 10/22 12/3 1/14 2/25 4/8 5/20 7/1	7/31 9/11 10/23 12/4 1/15 2/26 4/9 5/21 7/2
Meal Pattern Week 5					
Breakfast					
Fruit 1/2 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 cooked cereal =1/2 oz eq.	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	Pancakes OR Waffle OR French Toast 0.6 oz eq.
1% Milk 6 ounce	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk
Extra/Meat and Meat Alternate		Eggs			
Lunch					
Meat/Fish/Cheese 1.5 oz Beans 3/8 cup	Turkey OR Roast Beef Sandwich	Macaroni & Cheese	Bean and Cheese Burrito OR Bean Casserole	Chicken Strips	Ground Beef Spaghetti OR Lasagna
Vegetable 1/4 cup Leafy	Carrot Sticks (A)	Brussels Sprouts (C)	Mixed Greens & Red Pepper Salad (A&C)	Broccoli (C)	Green Beans
Greens 1/2 cup					
Fruit 1/4 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 1/4 c cooked Rice or Pasta = 1/2 oz eq.	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
Milk 6 ounces	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 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	Blueberries (C)	Watermelon	Kiwi (C)	Veggie Stick including Zucchini	Apple Slices
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving		WGR Zesty Mix 3/4 cup	Gold Fish 21 =1/4 cup =1/2 serving 0.5 oz eq.	Cheesy Bread 0.6 oz = 0.5 oz eq.	
Milk 4 ounces			Crackers 6=1/2 serving 0.5 oz.		
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.					
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					
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					

SHASTA HEAD START 3-5 Year Old Menu 2026-2027	Monday	Tuesday	Wednesday	Thursday	Friday
	8/3 9/14 10/26 12/7 1/18 3/1 4/12 5/24 7/5	8/4 9/15 10/27 12/8 1/19 3/2 4/13 5/25 7/6	8/5 9/16 10/28 12/9 1/20 3/3 4/14 5/26 7/7	8/6 9/17 10/29 12/10 1/21 3/4 4/15 5/27 7/8	8/7 9/18 10/30 12/11 1/22 3/5 4/16 5/28 7/9
Meal Pattern Week 6					
Breakfast					
Fruit 1/2 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.
1% Milk 6 ounce	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk
Extra/Meat and Meat Alternate				Country Gravy	Yogurt
Lunch					
Meat/Fish/Cheese 1.5 oz Beans 3/8 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 1/4 cup Leafy Greens 1/2 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 1/4 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 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 cup cooked
Milk 6 ounces	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk	Unflavored 1% Milk
Extra					
P.M. Snack					
Meat/Meat Alternate (see amt. by food)					Cheese 1/2 oz
Vegetable OR Fruit 1/2 cup	Banana	Cauliflower and Bell Peppers	Kiwi (C)	Mandarins (C)	Apple Slices
Cereal or Bread (see amt. by food) 0.5 oz eq. = 1/2 slice, 1/2 serving	Bagel 0.5 oz eq.	Bread Stick 0.5 oz eq.	Gold Fish 21 =1/4 cup =0.5 oz eq.	Cheesy Bread 0.5 oz eq.	
Milk 4 ounces					
Extra	Water/Cream cheese	Water/Hummus	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. 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 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		