

**Shasta Head Start** Vendor \_\_\_\_\_

Center \_\_\_\_\_ **GROCERY LIST FOR WEEK** For the Week of \_\_\_\_\_

Meat / Fish	Order	Dairy	Order	Fresh Produce	Order	Bread	Order	Frozen Foods	Order	General Groceries	Order

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.**

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

Shasta Head Start

Vendor \_\_\_\_\_

2024-2025

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 x2		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		Carrots		Crackers		Pancakes OR		Wheat Chex	
		Cream Cheese		Cantaloupe				French Toast		Cheerios	
		Sliced Cheese <b>OR</b>		Bell Pepper				Tortellini		Oatmeal	
		Cheese Sticks		Celery				Green Beans		Pasta	
		Parmesan Cheese		Onions				Mixed Vegetables		Brown Rice	
		Eggs		Spinach				Mixed Vegetables		Pinto Beans	
				Banana						Diced Tomatoes	
				Broccoli						Dole Tropical Fruit	
				Cabbage							
				Cilantro							
				Romaine							
				Spinach							
				Mixed Fruit-List							
				Mixed Veggies-List							

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**Check for needed foods in recipes.**

**FOR FISCAL USE ONLY**

Cooks \_\_\_\_\_ Date \_\_\_\_\_  
 Head Teacher/S.S. \_\_\_\_\_ Date \_\_\_\_\_  
 Area Manager \_\_\_\_\_ Date \_\_\_\_\_

Vendor \_\_\_\_\_ Date \_\_\_\_\_  
 Invoice# \_\_\_\_\_  
 6756-30- \_\_\_\_\_

Shasta Head Start

Vendor \_\_\_\_\_

2024-2025

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		Banana		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				Pineapple	
		Cheese Slices		Honeydew		Bagel				Peaches	
		Shred Cheese		Oranges		Bread				Dole tropical Fruit	
		Mozzarella Cheese		Kiwi						Cheerios	
		Cream Cheese		Mixed greens						Wheat Checks	
		Plain Yogurt		Red Bell Peppers						Oatmeal	
		Eggs		Carrots						Pasta	
				Celery						Kidney Beans	
				Onion						Pinto Beans	
				Red Onion						Soup Stock	
				Cauliflower						Marinara	
				Broccoli						Diced Tomatoes	
				Mixed Fruit -List							
				Mixed Veggies List							

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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 X 2		Whole Milk		Mandarins		Bagel		Pancakes <b>OR</b>		Mandarins	
Cod Fillet OR		1% Milk		Strawberries		Bread		Waffles <b>OR</b>		Pears	
Mrs. Friday Cod		Lactaid		Honeydew		Tortillas		French Toast		Peaches	
Chicken		Soy Milk		Watermelon <b>OR</b>		Crackers		Mango		Tomato Soup	
		Shred Cheese		Apples				Mixed Berries		Diced Tomatoes	
		Cheese Slices		Banana				Green Beans		Spaghetti Noodles	
		Cream Cheese		Cantaloupe				Corn		Spaghetti Sauce	
		Eggs		Oranges						Brown rice	
				Carrots						Cheerios	
				Onion						Chex	
				Celery						Kix	
				Cabbage							
				Broccoli							
				Broccoli							
				Veggies For Soup							
				and Stir Fry -List							
				Mixed Fruit							

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**Check**

**for needed foods in recipes.**

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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		Green Beans		Peaches	
Turkey		Lactaid		Strawberries		Bread		Pizza Crust		Mandarins	
Sliced Ham		Soy Milk		Apples		Tortilla		Brussels Sprouts		Pears	
		Sliced Cheese		Oranges		Dinner Roll				Wheat Chex	
		Shred Cheese		Honeydew						Oatmeal	
		Yogurt		Cauliflower						Pasta	
		Cottage Cheese		Broccoli						Brown Gravy	
				Carrots OR						Instant White Rice	
				Veggies for Soup						Diced Tomatoes	
										Tomato Sauce	
										Pinto Beans	
				Mixed Fruit -List						Kidney Beans	
										Garbonzo Beans	
										Pinto Beans	
										Kidney Beans	
										Garbonzo Beans	

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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 <b>OR</b>		Wheat Chex	
Ground Beef		1% Milk		Strawberries		Tortilla		Pancakes OR		Cheerios	
Turkey		Lactaid		Cantaloupe		Bagel		French Toast		Pears	
		Soy Milk		Kiwi		Crackers		Mixed Berries		Pineapple	
		Shred Cheese		Apples		Dinner Roll		Mango		Apricots	
		Plain Yogurt		Watermelon				Brussel Sprouts		Mandarin	
		Cottage Cheese								Oatmeal	
		Cheese Slices		Mixed Fruit-List						Pasta	
		Ricotta Cheese								White Beans	
		Eggs								Brown Gravy	
				Zucchini							
				Carrots							
				Broccoli							
				Red Potatoes							
				Veggies							

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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		WW Biscuit		Green Beans		Apricots	
Cod		Soy Milk		Strawberries		Tortilla		Mixed Vegetables		Dole Tropical Fruit	
		Cream Cheese		Mandarin		English Muffin				Pineapple	
		Sliced Cheese		Banana		Crackers				Mandarin	
		Non Fat Yogurt		Broccoli						Spaghetti Noodles	
		Shred Cheese		Cabbage						<b>OR</b> Lasagna Noodles	
		Cottage Cheese								Country Gravy	
		Eggs								Enchilada <b>OR</b>	
				Mixed Fruit-List						Verde Sauce	
										Crushed Tomatoes	
										Brown Rice	
				Mixed Vegetables						Pasta	
										Oatmeal	

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Area Manager _____ Date _____		Invoice# _____	
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