

[illegible]

Shasta Head Start				Vendor _____				2026-2027			
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
Chicken		Whole Milk		Apples		Bread		Mango		Peaches	
Pork		1% Milk		Oranges		Bagels		Mixed Berries		Pears	
Ground Beef		Lactaid		Cantaloupe		Tortilla		Peas & Carrots		Apricots	
Tuna		Soy Milk		Strawberries		English Muffin		Mixed Vegetables		Applesauce	
		Cream Cheese		Mandarin		Crackers		Blueberries		Pineapple	
		Sliced Cheese		Watermelon		Goldfish		Pancakes OR		Mandarin	
		Eggs		Honeydew				Waffles OR		Oatmeal	
		Shred Cheese		Mixed Fruit-List				French Toast		Cream of Wheat	
										Kix	
										Cheerios	
				Carrots						Wheat Chex	
				Broccoli						Gravy	
				Red Peppers						Crushed Tomatoes	
				Cauliflower						Brown Rice	
				Spinach						Pasta	
				Veggie Sticks						Beans	
										Tortellini	
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 _____		2026-2027			
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		Pizza Crust		Pears	
Ground Beef		1% Milk		Strawberries		Wheat Tortillas		Mango		Apricots	
Turkey		Lactaid		Apples OR		Bagel		Mixed Berries		Applesauce	
		Soy Milk		Watermelon		Bread		Mixed Vegetables		Pineapple	
		Cheese Slices		Honeydew		Pita Bread		Brussels Sprouts		Peaches	
		Shred Cheese		Oranges		Crackers		Green Beans		Dole tropical fruit	
		Mozzarella Cheese		Kiwi		Goldfish				Cheerios	
		Cream Cheese		Mixed Fruit -List						Cream of Wheat	
		Plain Yogurt								Oatmeal	
										Pasta	
										White Beans	
										Soup Stock	
				Cucumbers						Marinara	
				Carrots X 2						Diced Tomatoes	
				Celery							
				Onion							
				Red Onion							
				Cauliflower							
				Broccoli							
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Shasta Head Start				Vendor _____				2026-2027			
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 X 2		Whole Milk		Mandarins		Bagel		Pancakes OR		Mandarins	
Cod Fillet		1% Milk		Strawberries		Bread		Waffles OR		Pears	
Chicken		Lactaid		Kiwi		Wheat Tortillas		French Toast		Peaches	
		Soy Milk		Watermelon OR		Corn Tortilla		Mango		Applesauce	
		Shred Cheese		Apples		Bun		Corn		Pineapple	
		Cheese Slices		Banana		Crackers		Blueberries		Dole Mix Fruit	
		Cream Cheese		Cantaloupe		Goldfish				Kix	
		Eggs		Oranges						Cheerios	
		Yogurt		Mixed Fruit List						Chex	
				Carrots							
				Mixed Greens						Pasta	
				Red Peppers						Brown Rice	
				Cabbage						Pinto Beans	
				Broccoli						Kidney Beans	
				Cucumbers						Diced Tomatoes	
				Tomatoes							
				Fresh Veg for Stir Fry							

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Shasta Head Start				Vendor _____				2026-2027			
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
Ground Beef		Whole Milk		Banana		English Muffin		Mango		Applesauce	
Turkey		1% Milk		Cantaloupe		Bagel		Peas & Carrots		Peaches	
Sliced Ham		Lactaid		Strawberries		Bread		Pizza Crust		Pineapple	
		Soy Milk		Apples		Tortilla		Bread Sticks		Pears	
		Sliced Cheese		Oranges		Dinner Roll		French Toast		Mandarin	
		Shred Cheese		Honeydew		Crackers				Dole Fruit	
		Yogurt		Watermelon or						Wheat Chex	
		Cottage Cheese		Mandarin						Oatmeal	
		Eggs		Mixed Fruit -List						Cream of Wheat	
		Cream Cheese								Gravy	
										Tomato Sauce	
										Pinto Beans	
				Carrots						Kidney Beans	
				Red Potatoes						Garbanzo Beans	
				Broccoli							
				Fresh Veg List							

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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 OR		Wheat Chex	
Ground Beef		1% Milk		Strawberries		Tortilla		Pancakes OR		Cheerios	
Sliced Turkey or		Lactaid		Cantaloupe		Bagel		French Toast		Kix	
Roast Beef		Soy Milk		Kiwi		Crackers		Mixed Berries		Pears	
		Shred Cheese		Apples		Goldfish		Blueberries		Pineapple	
		Plain Yogurt		Watermelon				Brussel Sprouts		Apricots	
		Cottage Cheese		Honeydew				Green Beans		Mandarin	
		Cheese Slices		Mixed Fruit-List				Garlic Bread		Oatmeal	
		Ricotta Cheese								Cream of Wheat	
		Eggs								Pasta	
		Cream Cheese								Pinto Beans	
				Zucchini							
				Carrots							
				Broccoli							
				Mixed Greens							
				Red Peppers							
				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		Banana		Tortilla		Mixed Vegetables		Apricots	
Cod		Soy Milk		Strawberries		English Muffin		Biscuit		Pineapple	
		Cream Cheese		Mandarin		Dinner Roll				Mandarin	
		Sliced Cheese		Kiwi		Crackers				Oatmeal	
		Parmesan		Honeydew		Goldfish				Cream of Wheat	
		Yogurt		Mixed Fruit-List						Cheerios	
		Half & Half								Gravy	
										Crushed Tomatoes	
										Brown Rice	
				Red Potatoes						Pasta	
				Carrots							
				Broccoli							
				Red Peppers							
				Cauliflower							
				Cucumber							
				Tomatoes							
				Veggie Sticks							

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