



MISSION | Building Strong Foundations with Alaska Native Families through Alaska Native Cultures and Education

March 2024

Cook Inlet Native Head Start Menu

Nonfat Milk (2-5 year olds), whole milk (1-2 year olds), or Pacific Ultra Soy (children with a documented medical statement) is served with breakfast and lunch.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 (EHS only) Breakfast Oatmeal Mixed berries Lunch Shredded chicken WG Tortilla tomato Shredded cheese Peaches Snack Watermelon Cucumber Salad
4 Breakfast Shredded Wheats Raspberries Lunch Sloppy Joe Wheat Roll Coleslaw Apple Snack Banana Sushi Roll	5 Breakfast Grapes French Toast (C-02) Scrambled Eggs Lunch Halibut Nuggets Peas/Corn Quinoa Salad w orange vinaigrette Fruit Salsa Snack Deli Bento Box	6 Breakfast Strawberries Whole Wheat Muffin B-12 Lunch Bean Soup (5-08) Carrots Yogurt Sunflower Seed Dip WG Tortilla Chips Mixed Fruit Snack Tuna Salad (F-11) Wheat Thins	7 Breakfast Cream of Wheat Mixed Berries Lunch Turkey Spaghetti Mango/Pineapple Snack Goldfish Fruit Smoothie	8 NO SCHOOL Inservice Day
11 NO SCHOOL Spring Break	12 NO SCHOOL Spring Break	13 NO SCHOOL Spring Break	14 NO SCHOOL Spring Break	15 NO SCHOOL Spring Break
18 Breakfast Blueberries Shredded Wheats Lunch Beef Goulash Kiwi W Mixed Fruit Snack Egg Salad Toasted English Muffin	19 Breakfast Applesauce WG Bagel Cream Cheese Lunch Cod Tacos WG Tortilla Shredded Cabbage Pineapple Snack Ritz Crackers Mandarin Oranges	20 Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Tofu Vegetable Soup Wheat Roll Grapes Cheese Stick Snack Peaches Fruity Yogurt Dip	21 Breakfast Oatmeal Fruit Smoothie Lunch Reindeer Gravy (D-16) W Noodles Peas Oranges Snack Salmon Salad (F-11) Wheat Thins	22 (EHS only) Breakfast WG Cheerios Banana Lunch Chicken Ratatouille Brown Rice Mixed Fruit Snack 1oz Cheese Stick Watermelon/Cantaloupe
25 Breakfast French Toast Pears Lunch Harvest Stew Pineapple and Mango Wheat Roll Snack Apples Goldfish	26 Breakfast Mixed Fruit Muffins Scrambled Eggs Lunch Fish Pie Arugula/Spinach with Italian Dressing Mandarin Oranges Snack Bean and Cheese Burrito	27 Breakfast Shredded Wheats Blueberries Lunch Chicken Curry Casserole Yogurt Sunflower Seed Dip Carrots Raspberries Snack Tuna Salad (F-11) Wheat Thins	28 Breakfast Waffles Strawberries Yogurt Lunch Rainbow Rice with Buffalo Broccoli Bites Oranges Snack Graham Crackers Fruit Smoothie	29 NO SCHOOL Teacher Work Day

This menu meets CACFP guidelines for low salt, low sugar, and low-fat content.

This institution is an equal opportunity provider.

For questions or comments on approved rotating menu,

Please contact the Program Support Coordinator at (907) 433-1600