



AUGUST 2022

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	2	3	4	5
	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK
8	9	10	11	12
SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK
15	16	17	18	19
Enrollment & Transition	Enrollment & Transition	Enrollment & Transition	Enrollment & Transition	Enrollment & Transition
22	23	24	25	26
Breakfast Banana WG Toasted English Muffin Diced ham Lunch Turkey Sliders Mixed Normandy Vegetables pineapple Pita Bread Snack Wheat Crackers Cheddar cheese squares	Breakfast Strawberries Rice Chex Cereal Lunch Reindeer Gravy (D-16) Wild Rice Cauliflower Apples Snack Salmon Salad (F-11) Wheat thins	Breakfast Apple Sauce Whole Wheat Bagel with Cream Cheese Lunch Fiesta Wrap WG Tortilla Mango Snack Blueberries Fruity Yogurt Dip	Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Baked Salmon (D-09) Arugula/Spinach with Italian Dressing Sliced Tomato Whole Grain Croutons (20g) Snack 1oz Cheese Stick Honeydew Melon	No School
29	30	31		
Breakfast Pears Toasted Raisin Bread Lunch Rainbow Rice w Buffalo Green Beans Oranges Snack Wheat thins Tuna Salad (F-11)	Breakfast Mixed Fruit Blueberry Muffin Scrambled eggs Lunch Baked Codfish Ole Mixed Vegetables Cantaloupe Wild Rice Snack Bean Dip Pita Bread	Breakfast Honeydew Whole Grain Cheerios Zucchini Lunch Legume Quesadilla Potatoes and Carrots Pineapple Snack Pear Cottage Cheese		

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) 433-1601