



OCTOBER 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 Breakfast Grapes French Toast (C-02) Scrambled Eggs Lunch Halibut Nuggets Peas/Corn Quinoa Fruit Salsa Snack Deli Bento Box	2 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	3 Breakfast Oatmeal Mixed Berries Lunch Turkey Meatloaf Quinoa Salad w orange vinaigrette Mango/Pineapple Zucchini Snack Goldfish Fruit Smoothie	4 (EHS Only) Breakfast Scrambled Eggs Avocado WG Tortilla Lunch Salmon Soup with Brown Rice (H-02 A) Green Beans Banana 1oz Cheese Stick Snack Strawberry Yogurt Parfait
7 Breakfast Blueberries Rice Chex Cereal Lunch Beef Goulash Kiwi W Mixed Fruit Snack Wheat Crackers Cheddar cheese squares	8 Breakfast Applesauce WG Bagel Cream Cheese Lunch Cod Tacos WG Tortilla Shredded Cabbage Pineapple Snack Ritz Crackers Mandarin Oranges	9 Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Tofu Vegetable Soup Wheat Roll Grapes Cheese Stick Snack Peaches Fruity Yogurt Dip	10 Breakfast Oatmeal Fruit Smoothie Lunch Reindeer Gravy (D-16) W Noodles Peas Oranges Snack Salmon Salad (F-11) Wheat Thins	11 (EHS Only) Breakfast WG Cheerios Banana Lunch Chicken Ratatouille Brown Rice Mixed Fruit Snack 1oz Cheese Stick Watermelon/Cantaloupe
14 No School Indigenous Peoples Day	15 Breakfast Mixed Fruit Muffins Scrambled Eggs Lunch Baked Salmon (D-09) Arugula/Spinach w Italian Dressing & Croutons (20g) Mandarin Oranges Snack Bean and Cheese Burrito	16 Breakfast Shredded Wheats Blueberries Lunch Harvest Stew Boiled Egg Pineapple and Mango Snack Tuna Salad (F-11) Wheat Thins	17 Breakfast Waffles Strawberries Yogurt Lunch Rainbow Rice with Buffalo Broccoli Bites Oranges Snack Graham Crackers Fruit Smoothie	18 (EHS Only) Breakfast Cream of Wheat Mixed Fruit Lunch Quick Quesadilla Green Beans Banana Snack Blueberry Lemon Parfait
21 Breakfast Peaches Cream of Wheat Lunch Stir-fry Fajita with Chicken Squash and corn Brown Rice Pears Snack Cheese Stick Honeydew	22 Breakfast Cheerios Bananas Lunch Beef Sliders Baked Carrots Mixed Berry Snack Goldfish Zucchini	23 Breakfast Applesauce WG Bagel Cream Cheese Lunch Turkey Bean Soup Apples WG Tortilla Chips Snack Ritz Mandarin Oranges	24 Breakfast Oatmeal Mixed Berries Lunch Baked Salmon Quinoa Salad Orange Vinaigrette Fruit Salad Snack Peaches Fruity Dip	25 No School In-service Day
28 Breakfast Pancakes (B-13) Blueberries Turkey Bacon Lunch Pulled Pork Steamed Baby Carrots Pineapple and Mango Wheat Roll Snack Apple with sun butter dip	29 Breakfast Strawberries WG Cheerios Hard Boiled Egg Lunch Turkey Noodle Soup (H-40B) Green Beans Pears 1oz Cheese Stick Snack Fruit Salsa Graham crackers	30 Breakfast Blueberries Croissant Lunch Vegetable Chili Cornbread Shredded cheese Grapes Snack Blueberry Lemon Parfait	31 Breakfast Breakfast Pizza with reindeer sausage Zucchini Lunch Salmon Patties Mixed Fruit Baked sweet potatoes Croissant Snack Pita Bread Hummus	

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 Executive Assistant at (907) 433-1602