



March 2025

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
3 Breakfast Peaches Cream of Wheat Lunch Stir-fry Fajita with Chicken Squash and corn Brown Rice Pears Snack Cheese Stick Honeydew	4 Breakfast Cheerios Bananas Lunch Beef Sliders Baked Carrots Mixed Berry Snack Goldfish Zucchini	5 Breakfast Applesauce WG Bagel Cream Cheese Lunch Turkey Bean Soup Apples WG Tortilla Chips Snack Ritz Mandarin Oranges	6 Breakfast Oatmeal Mixed Berries Lunch Baked Salmon Quinoa Salad Orange Vinaigrette Fruit Salad Snack Peaches Fruity Dip	7 NO SCHOOL Inservice Day
10 NO SCHOOL Spring Break	11 NO SCHOOL Spring Break	12 NO SCHOOL Spring Break	13 NO SCHOOL Spring Break	14 NO SCHOOL Spring Break
17 Breakfast Pancakes (B-13) Blueberries Turkey Bacon Lunch Pulled Pork Steamed Baby Carrots Pineapple and Mango Wheat Roll Snack Apple with sun butter dip	18 Breakfast Strawberries WG Cheerios Hard Boiled Egg Lunch Turkey Noodle Soup (H-40B) Green Beans Pears Ioz Cheese Stick Snack Fruit Salsa Graham crackers	19 Breakfast Peaches WG Bagel Cream Cheese Lunch Vegetable Chili Cornbread Shredded cheese Grapes Snack Blueberry Lemon Parfait	20 Breakfast Breakfast Pizza with reindeer sausage Zucchini Lunch Salmon Patties Mixed Fruit Baked sweet potatoes Croissant Snack Pita Bread Hummus	21 (EHS only) Breakfast Oatmeal Mixed berries Lunch Shredded chicken WG Tortilla tomato Shredded cheese Peaches Snack Watermelon Cucumber Salad
24 Breakfast Shredded Wheats Raspberries Lunch Sloppy Joe Wheat Roll Coleslaw Apple Snack Banana Sushi Roll	25 Breakfast Grapes French Toast (C-02) Scrambled Eggs Lunch Halibut Nuggets Peas/Corn Quinoa Salad w orange vinaigrette Fruit Salsa Snack Deli Bento Box	26 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	27 Breakfast Oatmeal Mixed Berries Lunch Turkey Spaghetti Mango/Pineapple Snack Goldfish Fruit Smoothie	28 Breakfast Avocado Scrambled eggs Tortilla Lunch Salmon Soup Green beans Blueberries Brown Rice Snack Strawberries Yogurt Granola
31 Breakfast Blueberries Croissant Lunch Beef Goulash Kiwi W Mixed Fruit Snack Egg Salad Toasted English Muffin				

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