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

JUNE 2023

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 Oatmeal Mixed Berries Lunch Turkey Spaghetti Mango/Pineapple Snack Goldfish Fruit Smoothie	2 Breakfast Avocado Scrambled eggs Tortilla Lunch Salmon Soup Green beans Blueberries Brown Rice Snack Strawberries Yogurt Granola
5 Breakfast Blueberries Croissant Lunch Beef Goulash Kiwi W Mixed Fruit Snack Egg Salad Toasted English Muffin	6 Breakfast Applesauce WG Bagel Cream Cheese Lunch Cod Tacos WG Tortilla Shredded Cabbage Pineapple Snack Ritz Crackers Mandarin Oranges	7 Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Tofu Vegetable Soup Wheat Roll Grapes Cheese Stick Snack Peaches Fruity Yogurt Dip	8 Breakfast Oatmeal Fruit Smoothie Lunch Reindeer Gravy (D-16) W Noodles Peas Oranges Snack Salmon Salad (F-11) Wheat Thins	9 Breakfast WG Cheerios Banana Lunch Chicken Ratatouille Brown or Wild Rice? Mixed Fruit Snack 1oz Cheese Stick Watermelon/Cantaloupe
12 Breakfast French Toast Pears Lunch Harvest Stew Pineapple and Mango Wheat Roll Snack Bakes Sweet Potatoes and Apples	13 Breakfast Mixed Fruit Muffins Scrambled Eggs Lunch Fish Pie Arugula/Spinach with Italian Dressing Mandarin Oranges Snack Bean and Cheese Burrito	14 Breakfast Shredded Wheats Blueberries Lunch Chicken Curry Casserole Yogurt Sunflower Seed Dip Carrots Raspberries Snack Tuna Salad (F-11) Wheat Thins	15 Breakfast Waffles Strawberries Yogurt Lunch Rainbow Rice with Buffalo Broccoli Bites Oranges Snack Graham Crackers Fruit Smoothie	16 Breakfast Cream of Wheat Mixed Fruit Lunch Quick Quesadilla Green Beans Banana Snack Blueberry Lemon Parfait
19 Breakfast Peaches Cream of Wheat Lunch Stir-fry Fajita with Chicken Squash and corn Brown Rice Pears Snack Cheese Stick Honeydew	20 Breakfast Cheerios Bananas Lunch Beef Sliders Baked Carrots Mixed Berry Snack Goldfish Zucchini	21 Breakfast Applesauce WG Bagel Cream Cheese Lunch Turkey Bean Soup Apples WG Tortilla Chips Snack Ritz Mandarin Oranges	22 Breakfast Oatmeal Mixed Berries Lunch Baked Salmon Quinoa Salad Orange Vinaigrette Fruit Salad Snack Peaches Fruity Dip	23 Breakfast Scrambled Eggs Avocado WG Tortilla Lunch Spaghetti WG Noodles Apples and Pears Snack Strawberry Yogurt Parfait
26 Breakfast Peaches Cream of Wheat Lunch Stir-fry Fajita with Chicken Squash and corn Brown Rice Pears Snack Cheese Stick Honeydew	27 Breakfast Cheerios Bananas Lunch Beef Sliders Baked Carrots Mixed Berry Snack Goldfish Zucchini	28 Breakfast Applesauce WG Bagel Cream Cheese Lunch Turkey Bean Soup Apples WG Tortilla Chips Snack Ritz Mandarin Oranges	29 Breakfast Oatmeal Mixed Berries Lunch Baked Salmon Quinoa Salad Orange Vinaigrette Fruit Salad Snack Peaches Fruity Dip	30 Breakfast Avocado Scrambled eggs Tortilla Lunch Ground beef Spaghetti Apples/Pears WG Noodles Snack Strawberries Yogurt

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