



January 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
No School Winter Break	No School Winter Break	No School Winter Break	No School Winter Break	No School Winter Break
6 No School Winter Break	7 No School Winter Break	8 No School Winter Break	9 No School Winter Break	10 (EHS Only) No School Winter Break
13 No School Teacher Work Day	14 Breakfast Strawberries WG Cheerios Hard Boiled Egg Lunch Turkey Noodle Soup (H-40B) Green Beans Pears 1oz Cheese Stick Snack Fruit Salsa Graham crackers	15 Breakfast Shredded Wheats Peaches Lunch Vegetable Chili Cornbread Shredded cheese Grapes Snack Blueberry Lemon Parfait	16 Breakfast Breakfast Pizza with reindeer sausage Zucchini Lunch Salmon Patties Mixed Fruit Baked sweet potatoes Croissant Snack Pita Bread Hummus	17 (EHS Only) Breakfast Oatmeal Mixed berries Lunch Shredded chicken WG Tortilla tomato Shredded cheese Peaches Snack Watermelon Cucumber Salad
20 No School MLK JR Day	21 Breakfast Grapes French Toast (C-02) Scrambled Eggs Lunch Halibut Nuggets Peas/Corn Quinoa Salad w orange vinaigrette Fruit Salsa Snack Deli Bento Box	22 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	23 Breakfast Oatmeal Mixed Berries Lunch Turkey Spaghetti Mango/Pineapple Snack Goldfish Fruit Smoothie	24 (EHS Only) Breakfast Avocado Scrambled eggs Tortilla Lunch Salmon Soup Green beans Blueberries Brown Rice Snack Strawberries Yogurt Granola
27 Breakfast French Toast Pears Lunch Harvest Stew Pineapple and Mango Wheat Roll Snack Bakes Sweet Potatoes and Apples	28 Breakfast Mixed Fruit Muffins Scrambled Eggs Lunch Fish Pie Arugula/Spinach with Italian Dressing Mandarin Oranges Snack Bean and Cheese Burrito	29 Breakfast Shredded Wheats Blueberries Lunch Chicken Curry Casserole Yogurt Sunflower Seed Dip Carrots Raspberries Snack Tuna Salad (F-11) Wheat Thins	30 Breakfast Waffles Strawberries Yogurt Lunch Rainbow Rice with Buffalo Broccoli Bites Oranges Snack Graham Crackers Fruit Smoothie	31 (EHS Only) Breakfast Cream of Wheat Mixed Fruit Lunch Quick Quesadilla Green Beans Banana Snack Blueberry Lemon Parfait

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 Executive Assistant at (907) 433-1602