



EHS AUGUST 2022

**2Cook 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	Enrollment & Transition	Enrollment & Transition
15	16	17	18	19
<b>Breakfast</b> peaches Oatmeal Hard Boiled Egg <b>Lunch</b> Sloppy Joe on a Wheat Roll Peas Mixed fruit Snack Berry Banana Split w yogurt	<b>Breakfast</b> Cantaloupe French Toast (C-02) <b>Lunch</b> Halibut Nuggets Bell peppers Quinoa Fruit Salsa Snack Ritz Crackers Watermelon	<b>Breakfast</b> strawberries Whole Wheat Muffin B-12 Cottage Cheese <b>Lunch</b> Bean Soup (5-08) Carrots Corn Bread Yogurt w mixed Fruit Snack Tuna Salad (F-11) Wheat Thins	<b>Breakfast</b> Avocado Soft Tortilla Wrap Scrambled Eggs <b>Lunch</b> Turkey Meatloaf Corn Grapefruit Quinoa Salad w orange vinaigrette Snack Goldfish Mandarins	<b>Breakfast</b> Banana Oatmeal Muffins <b>Lunch</b> Salmon Soup with Brown Rice (H-02 A) Green Beans Blueberries 1oz Cheese Stick Snack Roasted Cauliflower Popcorn Peaches
22	23	24	25	26
<b>Breakfast</b> Banana WG Toasted English Muffin Diced ham <b>Lunch</b> Turkey Sliders Mixed Normandy Vegetables pineapple Pita Bread Snack Wheat Crackers Cheddar cheese squares	<b>Breakfast</b> Strawberries Rice Chex Cereal <b>Lunch</b> Reindeer Gravy (D-16) Wild Rice Cauliflower Apples Snack Salmon Salad (F-11) Wheat thins	<b>Breakfast</b> Apple Sauce Whole Wheat Bagel with Cream Cheese <b>Lunch</b> Fiesta Wrap WG Tortilla Mango Snack Blueberries Fruity Yogurt Dip	<b>Breakfast</b> Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) <b>Lunch</b> Baked Salmon (D-09) Arugula/Spinach with Italian Dressing Sliced Tomato Whole Grain Croutons (20g) Snack 1oz Cheese Stick Honeydew Melon	26 No School
29	30	31		
<b>Breakfast</b> Pears Toasted Raisin Bread <b>Lunch</b> Rainbow Rice w Buffalo Green Beans Oranges Snack Wheat thins Tuna Salad (F-11)	<b>Breakfast</b> Mixed Fruit Blueberry Muffin Scrambled eggs <b>Lunch</b> Baked Codfish Ole Mixed Vegetables Cantaloupe Wild Rice Snack Bean Dip Pita Bread	<b>Breakfast</b> Honeydew Whole Grain Cheerios Zucchini <b>Lunch</b> 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