



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 Whole Wheat Waffle Strawberries Yogurt Lunch Reindeer Stew (D-16) Watermelon 1oz Cheese Stick Wheat Roll Snack Smoked Salmon Goldfish	2 Breakfast Maple Baked French Toast Squares Salmon Patties Lunch Oven Baked Parmesan Chicken (D-05) Spinach w Italian Dressing Fruit Salsa Quinoa Snack Berry Banana Split w yogurt
5 No School Labor Day	6 Breakfast Pears Whole Grain Cheerios Hard boiled eggs Lunch Turkey Noodle Soup (H-40B) Green Beans Strawberries Wheat Roll 1oz Cheese Stick Snack Smoked Salmon Strips Rainbow fish crackers	7 Breakfast Raspberries Whole Wheat Waffle Diced Ham Lunch Vegetable Chili Cornbread Shredded cheese Mixed fruit Snack String Cheese Sugar Snap Peas	8 Breakfast Peaches Cream of Wheat Lunch Fish Pie (CACFP Adapted) Blueberries Celery Wild Rice Snack Cantaloupe Yogurt	9 Breakfast Breakfast Pizza w brown rice crust and Smoked salmon Honeydew Melon Lunch Diced chicken WG Tortilla Chips Sliced tomatoes Shredded cheese Watermelon Snack Watermelon Cucumber Salad
12 Breakfast peaches Oatmeal Hard Boiled Egg Lunch Sloppy Joe on a Wheat Roll Peas Mixed fruit Snack Berry Banana Split w yogurt	13 Breakfast Cantaloupe French Toast (C-02) Lunch Halibut Nuggets Bell peppers Quinoa Fruit Salsa Snack Ritz Crackers Watermelon	14 Breakfast strawberries Whole Wheat Muffin B-12 Cottage Cheese Lunch Bean Soup (5-08) Carrots Corn Bread Yogurt w mixed Fruit Snack Tuna Salad (F-11) Wheat Thins	15 Breakfast Avocado Soft Tortilla Wrap Scrambled Eggs Lunch Turkey Meatloaf Corn Grapefruit Quinoa Salad w orange vinaigrette Snack Goldfish Mandarins	16 No School
19 Breakfast Banana WG Toasted English Muffin Diced ham Lunch Turkey Sliders Mixed Normandy Vegetables pineapple Pita Bread Snack Wheat Crackers Cheddar cheese squares	20 Breakfast Strawberries Rice Chex Cereal Lunch Reindeer Gravy (D-16) Wild Rice Cauliflower Apples Snack Salmon Salad (F-11) Wheat thins	21 Breakfast Apple Sauce Whole Wheat Bagel with Cream Cheese Lunch Fiesta Wrap WG Tortilla Mango Snack Blueberries Fruity Yogurt Dip	22 Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Baked Salmon (D-09) Arugula/Spinach with Italian Dressing Sliced Tomato Whole Grain Croutons(20g) Snack 1oz Cheese Stick/ Honeydew	23 Breakfast Banana WG Banana Muffins Turkey Sausage (D-34) Lunch Chicken Quesadilla Broccoli Grapefruit Snack Guacamole Dip WG Tortilla chips
26 Breakfast Pears Toasted Raisin Bread Lunch Rainbow Rice w Buffalo Green Beans Oranges Snack Wheat thins Tuna Salad (F-11)	27 Breakfast Mixed Fruit Blueberry Muffin Scrambled eggs Lunch Baked Codfish Ole Mixed Vegetables Cantaloupe Wild Rice Snack Bean Dip Pita Bread	28 Breakfast Honeydew Whole Grain Cheerios Zucchini Lunch Legume Quesadilla Potatoes and Carrots Pineapple Snack Pear Cottage Cheese	29 Breakfast Whole Wheat Waffle Strawberries Yogurt Lunch Reindeer Stew (D-16) Watermelon 1oz Cheese Stick Wheat Roll Snack Smoked Salmon Goldfish	30 No School

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 Program Support Coordinator at (907) 433-1601