



APRIL 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
	1 Breakfast Applesauce WG Bagel Cream Cheese Lunch Cod Tacos WG Tortilla Shredded Cabbage Pineapple Snack Ritz Crackers Mandarin Oranges	2 Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Tofu Vegetable Soup Wheat Roll Grapes Cheese Stick Snack Peaches Fruity Yogurt Dip	3 Breakfast Oatmeal Fruit Smoothie Lunch Reindeer Gravy (D-16) W Noodles Peas Oranges Snack Salmon Salad (F-11) Wheat Thins	4 (EHS Only) Breakfast WG Cheerios Banana Lunch Chicken Ratatouille Brown Rice Mixed Fruit Snack 1oz Cheese Stick Watermelon/Cantaloupe
7 Breakfast Peaches Cream of Wheat Lunch Stir-fry Fajita with Chicken Squash and corn Brown Rice Pears Snack Cheese Stick Honeydew	8 Breakfast Cheerios Bananas Lunch Beef Sliders Baked Carrots Mixed Berry Snack Goldfish Zucchini	9 Breakfast Applesauce WG Bagel Cream Cheese Lunch Turkey Bean Soup Peaches WG Tortilla Chips Snack Ritz Mandarin Oranges	10 Breakfast Oatmeal Mango Lunch Baked Salmon Quinoa Salad Orange Vinaigrette Fruit Salad Snack Peaches Fruity Dip	11 (EHS Only) No School Family Night
14 Breakfast Pancakes (B-13) Blueberries Lunch Pulled Pork Steamed Baby Carrots Pineapple and Mango Wheat Roll Snack Apple with sun butter dip	15 Breakfast Strawberries WG Cheerios Hard Boiled Egg Lunch Turkey Noodle Soup Green Beans Pears 1oz Cheese Stick Snack Fruit Salsa Graham crackers	16 Breakfast Peaches Cream of Wheat Lunch Vegetable Chili Cornbread Shredded cheese Grapes Snack Blueberry Lemon Parfait	17 Breakfast Breakfast Pizza with reindeer sausage Zucchini Lunch Salmon Patties Mixed Fruit Baked sweet potatoes Croissant Snack Pita Bread Hummus	18 (EHS Only) Breakfast Oatmeal Mixed berries Lunch Shredded chicken WG Tortilla tomato Shredded cheese Peaches Snack Watermelon Cucumber Salad
21 Breakfast Shredded Wheats Raspberries Lunch Sloppy Joe Wheat Roll Coleslaw Watermelon Snack Banana Sushi Roll	22 Breakfast Grapes French Toast (C-02) Scrambled Eggs Lunch Halibut Nuggets Peas/Corn Quinoa Salad w orange vinaigrette Fruit Salsa Snack Deli Bento Box	23 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	24 Breakfast Oatmeal Mixed Berries Lunch Turkey Spaghetti Oranges Snack Goldfish Fruit Smoothie	25 (EHS only) No School Parent Teacher Conferences
28 Breakfast Blueberries Croissant Lunch Beef Goulash Kiwi W Mixed Fruit Snack Egg Salad Toasted English Muffin	29 Breakfast Applesauce WG Bagel Cream Cheese Lunch Cod Tacos WG Tortilla Shredded Cabbage Pineapple Snack Ritz Crackers Mandarin Oranges	30 Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Tofu Vegetable Soup Wheat Roll Grapes Cheese Stick Snack Peaches Fruity Yogurt Dip		

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