



September 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
4 NO SCHOOL – Labor day	5 Breakfast Applesauce WG Bagel Cream Cheese Lunch Cod Tacos WG Tortilla Shredded Cabbage Pineapple Snack Ritz Crackers Mandarin Oranges	6 Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Tofu Vegetable Soup Wheat Roll Grapes Cheese Stick Snack Peaches Fruity Yogurt Dip	7 Breakfast Oatmeal Fruit Smoothie Lunch Reindeer Gravy (D-16) W Noodles Peas Oranges Snack Salmon Salad (F-11) Wheat Thins	8 (EHS Only) Breakfast WG Cheerios Banana Lunch Chicken Ratatouille Brown Rice Mixed Fruit Snack 1oz Cheese Stick Watermelon/Cantaloupe
11 Breakfast French Toast Pears Lunch Harvest Stew Pineapple and Mango Wheat Roll Snack Bakes Sweet Potatoes and Apples	12 Breakfast Mixed Fruit Muffins Scrambled Eggs Lunch Fish Pie Arugula/Spinach with Italian Dressing Mandarin Oranges Snack Bean and Cheese Burrito	13 Breakfast Shredded Wheats Blueberries Lunch Chicken Curry Casserole Yogurt Sunflower Seed Dip Carrots Raspberries Snack Tuna Salad (F-11) Wheat Thins	14 Breakfast Waffles Strawberries Yogurt Lunch Rainbow Rice with Buffalo Broccoli Bites Oranges Snack Graham Crackers Fruit Smoothie	15 (EHS Only) Breakfast Cream of Wheat Mixed Fruit Lunch Quick Quesadilla Green Beans Banana Snack Blueberry Lemon Parfait
18 Breakfast Peaches Cream of Wheat Lunch Stir-fry Fajita with Chicken Squash and corn Brown Rice Pears Snack Cheese Stick Honeydew	19 Breakfast Cheerios Bananas Lunch Beef Sliders Baked Carrots Mixed Berry Snack Goldfish Zucchini	20 Breakfast Applesauce WG Bagel Cream Cheese Lunch Turkey Bean Soup Apples WG Tortilla Chips Snack Ritz Mandarin Oranges	21 Breakfast Oatmeal Mixed Berries Lunch Baked Salmon Quinoa Salad Orange Vinaigrette Fruit Salad Snack Peaches Fruity Dip	22 (EHS Only) Breakfast Avocado Scrambled eggs Tortilla Lunch Ground beef Spaghetti Apples/Pears WG Noodles Snack Strawberries Yogurt
25 Breakfast Pancakes (B-13) Blueberries Turkey Bacon Lunch Pulled Pork Steamed Baby Carrots Pineapple and Mango Wheat Roll Snack Apple with sun butter dip	26 Breakfast Strawberries WG Cheerios Hard Boiled Egg Lunch Turkey Noodle Soup (H-40B) Green Beans Pears 1oz Cheese Stick Snack Fruit Salsa Graham crackers	27 Breakfast Breakfast Quinoa Raisins Lunch Vegetable Chili Cornbread Shredded cheese Grapes Snack Blueberry Lemon Parfait	28 Breakfast Breakfast Pizza with reindeer sausage Zucchini Lunch Salmon Patties Mixed Fruit Baked sweet potatoes Croissant Snack Pita Bread Hummus	29 (EHS Only) 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 the Program Support Coordinator at (907) 433-1601