



May 2024

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 Turkey Bean Soup Apples WG Tortilla Chips Snack Ritz Mandarin Oranges	2 Breakfast Oatmeal Mixed Berries Lunch Baked Salmon Quinoa Salad Orange Vinaigrette Fruit Salad Snack Peaches Fruity Dip	3 (EHS only) Breakfast Avocado Scrambled eggs Tortilla Lunch Ground beef Spaghetti Apples/Pears WG Noodles Snack Strawberries Yogurt
6 Breakfast Pancakes (B-13) Blueberries Turkey Bacon Lunch Pulled Pork Steamed Baby Carrots Pineapple and Mango Wheat Roll Snack Apple with sun butter dip	7 Breakfast Strawberries WG Cheerios Hard Boiled Egg Lunch Turkey Noodle Soup Green Beans Pears Ioz Cheese Stick Snack Fruit Salsa Graham crackers	8 Breakfast French Toast Peaches Lunch Vegetable Chili Cornbread Shredded cheese Grapes Snack Blueberry Lemon Parfait	9 Breakfast Breakfast Pizza with reindeer sausage Zucchini Lunch Salmon Patties Mixed Fruit Baked sweet potatoes Croissant Snack Pita Bread Hummus	10 (EHS only) Breakfast Oatmeal Mixed berries Lunch Shredded chicken WG Tortilla tomato Shredded cheese Peaches Snack Watermelon Cucumber Salad
13 Breakfast Shredded Wheats Raspberries Lunch Sloppy Joe Wheat Roll Coleslaw Apple Snack Banana Sushi Roll	14 Breakfast Grapes French Toast (C-02) Scrambled Eggs Lunch Halibut Nuggets Peas/Corn Quinoa Salad w orange vinaigrette Fruit Salsa Snack Deli Bento Box	15 Breakfast Strawberries Whole Wheat Muffin Lunch Bean Soup (5-08) Carrots Yogurt Sunflower Seed Dip WG Tortilla Chips Mixed Fruit Snack Tuna Salad (F-11) Wheat Thins	16 Breakfast Oatmeal Mixed Berries Lunch Turkey Spaghetti Mango/Pineapple Snack Goldfish Fruit Smoothie	17 (EHS only) Breakfast Avocado Scrambled eggs Tortilla Lunch Salmon Soup Green beans Blueberries Brown Rice Snack Strawberries Yogurt & Granola
20 Breakfast Blueberries Croissant Lunch Beef Goulash Kiwi W Mixed Fruit Snack Egg Salad Toasted English Muffin	21 Breakfast Applesauce WG Bagel Cream Cheese Lunch Cod Tacos WG Tortilla Shredded Cabbage Pineapple Snack Ritz Crackers Mandarin Oranges	22 (HS last day) Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Tofu Vegetable Soup Wheat Roll Grapes Cheese Stick Snack Peaches Fruity Yogurt Dip	23 Breakfast Oatmeal Fruit Smoothie Lunch Reindeer Gravy (D-16) W Noodles Peas Oranges Snack Salmon Salad (F-11) Wheat Thins	24 No School
27 No School	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 the Program Support Coordinator at (907) 433-1600