



DECEMBER 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
				<b>1 (EHS only)</b> Breakfast Avocado Scrambled eggs Tortilla Lunch Ground beef Spaghetti Apples/Pears WG Noodles Snack Strawberries Yogurt
<b>4</b> Breakfast Pancakes (B-13) Blueberries Turkey Bacon Lunch Pulled Pork Steamed Baby Carrots Pineapple and Mango Wheat Roll Snack Apple with sun butter dip	<b>5</b> Breakfast Strawberries WG Cheerios Hard Boiled Egg Lunch Turkey Noodle Soup (H-40B) Green Beans Pears Ioz Cheese Stick Snack Fruit Salsa Graham crackers	<b>6</b> Breakfast Breakfast Quinoa Raisins Lunch Vegetable Chili Cornbread Shredded cheese Grapes Snack Blueberry Lemon Parfait	<b>7</b> Breakfast Breakfast Pizza with reindeer sausage Zucchini Lunch Salmon Patties Mixed Fruit Baked sweet potatoes Croissant Snack Pita Bread Hummus	<b>8 (EHS only)</b> Breakfast Oatmeal Mixed berries Lunch Shredded chicken WG Tortilla tomato Shredded cheese Peaches Snack Watermelon Cucumber Salad
<b>11</b> Breakfast Shredded Wheats Raspberries Lunch Sloppy Joe Wheat Roll Coleslaw Apple Snack Banana Sushi Roll	<b>12</b> Breakfast Grapes French Toast (C-02) Scrambled Eggs Lunch Halibut Nuggets Peas/Corn Quinoa Salad w orange vinaigrette Fruit Salsa Snack Deli Bento Box	<b>13</b> 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	<b>14</b> Breakfast Oatmeal Mixed Berries Lunch Turkey Spaghetti Mango/Pineapple Snack Goldfish Fruit Smoothie	<b>15 (EHS Only)</b> Breakfast Avocado Scrambled eggs Tortilla Lunch Salmon Soup Green beans Blueberries Brown Rice Snack Strawberries Yogurt Granola
<b>18</b> Breakfast Blueberries Croissant Lunch Beef Goulash Kiwi W Mixed Fruit Snack Egg Salad Toasted English Muffin	<b>19</b> Breakfast Applesauce WG Bagel Cream Cheese Lunch Cod Tacos WG Tortilla Shredded Cabbage Pineapple Snack Ritz Crackers Mandarin Oranges	<b>20</b> Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Tofu Vegetable Soup Wheat Roll Grapes Cheese Stick Snack Peaches Fruity Yogurt Dip	<b>21</b> Breakfast Oatmeal Fruit Smoothie Lunch Reindeer Gravy (D-16) W Noodles Peas Oranges Snack Salmon Salad (F-11) Wheat Thins	<b>22</b> <b>NO SCHOOL</b> <b>WINTER BREAK</b>
<b>25</b> <b>NO SCHOOL</b> <b>WINTER BREAK</b>	<b>26</b> <b>NO SCHOOL</b> <b>WINTER BREAK</b>	<b>27</b> <b>NO SCHOOL</b> <b>WINTER BREAK</b>	<b>28</b> <b>NO SCHOOL</b> <b>WINTER BREAK</b>	<b>29</b> <b>NO SCHOOL</b> <b>WINTER BREAK</b>

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