



DECEMBER 2021

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
		2 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	2 Breakfast Avocado Soft Tortilla Wrap Scrambled Eggs Lunch Turkey Meatloaf Corn Grapefruit Quinoa Salad w orange vinaigrette Snack Goldfish Mandarins	3 Breakfast Banana Oatmeal Muffins Lunch Salmon Soup with Brown Rice (H-02 A) Green Beans Blueberries 1oz Cheese Stick Snack Roasted Cauliflower Popcorn Peaches
6 Breakfast Banana WG Toasted English Muffin Diced ham Lunch Turkey Sliders Mixed Normandy Vegetables pineapple Pita Bread Snack Wheat Crackers Cheddar cheese squares	7 Breakfast Strawberries Rice Chex Cereal Lunch Reindeer Gravy (D-16) Wild Rice Cauliflower Apples Snack Salmon Salad (F-11) Wheat thins	8 Breakfast Apple Sauce Whole Wheat Bagel with Cream Cheese Lunch Fiesta Wrap WG Tortilla Mango Snack Blueberries Fruity Yogurt Dip	9 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 Melon	10 Breakfast Banana WG Banana Muffins Turkey Sausage (D-34) Lunch Chicken Quesadilla Broccoli Grapefruit Snack Guacamole Dip WG Tortilla chips
13 Breakfast Pears Toasted Raisin Bread Lunch Rainbow Rice w Buffalo Green Beans Oranges Snack Wheat thins Tuna Salad (F-11)	14 Breakfast Mixed Fruit Blueberry Muffin Scrambled eggs Lunch Baked Codfish Ole Mixed Vegetables Cantaloupe Wild Rice Snack Bean Dip Pita Bread	15 Breakfast Honeydew Whole Grain Cheerios Zucchini Lunch Legume Quesadilla Potatoes and Carrots Pineapple Snack Pear Cottage Cheese	16 NO SCHOOL Family Night	17 NO SCHOOL Teacher Workday
20 NO SCHOOL WINTER BREAK	21 NO SCHOOL WINTER BREAK	22 NO SCHOOL WINTER BREAK	23 NO SCHOOL WINTER BREAK	24 NO SCHOOL WINTER BREAK
27 NO SCHOOL WINTER BREAK	28 NO SCHOOL WINTER BREAK	29 NO SCHOOL WINTER BREAK	30 NO SCHOOL WINTER BREAK	31 NO SCHOOL WINTER BREAK

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



MISSION | Building Strong Foundations with Alaska Native Families through Alaska Native Cultures and Education

December 2021 EHS AM Snack

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 AM Snack Apple slices WG Cereal	2 AM Snack Smoothies Zucchini	3 AM Snack Graham Crackers applesauce
6 AM Snack Pears Bell pepper slices	7 AM Snack Celery w ranch cheerios	8 AM Snack Hard boiled eggs WG toast	9 AM Snack 1oz Cheese Sticks Mini rice cakes	10 AM Snack Cantaloupe English muffin
13 AM Snack Cheese Cubes Wheat thins	14 AM Snack Hummus Baby carrots	15 AM Snack Strawberries Waffles	16 NO SCHOOL Family Night	17 NO SCHOOL Staff Workday
20 NO SCHOOL Winter Break	21 NO SCHOOL Winter Break	22 NO SCHOOL Winter Break	23 NO SCHOOL Winter Break	24 NO SCHOOL Winter Break
27 NO SCHOOL Winter Break	28 NO SCHOOL Winter Break	29 NO SCHOOL Winter Break	30 NO SCHOOL Winter Break	31 NO SCHOOL Winter Break

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