



September 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
		<p>1 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</p>	<p>2 Breakfast Avocado Soft Tortilla Wrap Scrambled Eggs Lunch Turkey Meatloaf Corn & Grapefruit Quinoa Salad w orange vinaigrette Snack Goldfish Mandarins</p>	<p>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</p>
<p>6 No School Labor Day</p>	<p>7 Breakfast Strawberries Rice Chex Cereal Lunch Reindeer Gravy (D-16) Wild Rice Cauliflower Apples Snack Salmon Salad (F-11) Wheat thins</p>	<p>8 Breakfast Apple Sauce Whole Wheat Bagel w Cream Cheese Lunch Fiesta Wrap WG Tortilla Mango Snack Blueberries Fruity Yogurt Dip</p>	<p>9 Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Baked Salmon (D-09) Arugula/Spinach with Italian Dressing Sliced Tomato Croutons (20g) Snack 1oz Cheese Stick Honeydew Melon</p>	<p>10 Breakfast Banana WG Banana Muffins Turkey Sausage (D-34) Lunch Chicken Quesadilla Broccoli Grapefruit Snack Guacamole Dip WG Tortilla chips</p>
<p>13 Breakfast Pears Toasted Raisin Bread Lunch Rainbow Rice w Buffalo Green Beans Oranges Snack Wheat thins Tuna Salad (F-11)</p>	<p>14 Breakfast Mixed Fruit Blueberry Muffin Scrambled eggs Lunch Baked Codfish Ole Mixed Vegetables Cantaloupe Wild Rice Snack Bean Dip Pita Bread</p>	<p>15 Breakfast Honeydew Whole Grain Cheerios Zucchini Lunch Legume Quesadilla Potatoes and Carrots Pineapple Snack Pear Cottage Cheese</p>	<p>16 Breakfast Whole Wheat Waffle Strawberries Yogurt Lunch Reindeer Stew (D-16) Watermelon 1oz Cheese Stick Wheat Roll Carrots Snack Smoked Salmon Goldfish</p>	<p>17 Breakfast Maple Baked French Toast Squares Salmon Patties Lunch Oven Baked Parmesan Chicken (D-05) Spinach w Italian Dressing Fruit Salsa Quinoa Snack Berry Banana Split w yogurt</p>
<p>20 Breakfast Blueberry Pancakes (B-13) Blueberry Yogurt Lunch Pulled Pork Steamed Baby Carrots Pineapple and Mango Wheat Roll Snack Apple Bell Pepper</p>	<p>21 Breakfast Pears Whole Grain Cheerios Hard boiled eggs Lunch Turkey Noodle Soup (H-40B) Green Beans & Strawberries Wheat Roll 1oz Cheese Stick Snack Smoked Salmon Strips Rainbow fish crackers</p>	<p>22 Breakfast Raspberries Whole Wheat Waffle Diced Ham Lunch Vegetable Chili Cornbread Shredded cheese Mixed fruit Snack String Cheese Sugar Snap Peas</p>	<p>23 Breakfast Peaches Cream of Wheat Lunch Fish Pie (CACFP Adapted) Blueberries Celery Wild Rice Snack Cantaloupe Yogurt</p>	<p>24 Breakfast Breakfast Pizza w brown rice crust and Smoked salmon Honeydew Melon Lunch Diced chicken WG Tortilla Chips Sliced tomatoes Shredded cheese Watermelon Snack Watermelon Cucumber Salad</p>
<p>27 Breakfast peaches Oatmeal Hard Boiled Egg Lunch Sloppy Joe on a Wheat Roll Peas Mixed fruit Snack Berry Banana Split w yogurt</p>	<p>28 Breakfast Cantaloupe French Toast (C-02) Lunch Halibut Nuggets Bell peppers Quinoa Fruit Salsa Snack Ritz Crackers Watermelon</p>	<p>29 Breakfast strawberries Whole Wheat Muffin Cottage Cheese Lunch Bean Soup (5-08) Carrots Corn Bread Yogurt w mixed Fruit Snack Tuna Salad (F-11) Wheat Thins</p>	<p>30 Breakfast Avocado Soft Tortilla Wrap Scrambled Eggs Lunch Turkey Meatloaf Corn & Grapefruit Quinoa Salad w orange vinaigrette Snack Goldfish Mandarins</p>	

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 Program Support Coordinator at (907) 433-1601



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Monday	Tuesday	Wednesday	Thursday	Friday
		1 AM Snack Hard boiled eggs WG toast	2 AM Snack 1oz Cheese Sticks Mini rice cakes	3 AM Snack Cantaloupe English muffin
6 LABOR DAY CLOSED	7 AM Snack Hummus Baby carrots	8 AM Snack Strawberries Waffles	9 AM Snack Smoothie 1 oz cheese stick	10 AM Snack WG Roll Peaches
13 AM Snack Pita Triangles Apple wedges	14 AM Snack Animal Crackers pears	15 AM Snack Smoothies Cucumbers	16 AM Snack Veggie slices Fruit slices	17 AM Snack Bagel w cream cheese mango
20 AM Snack Whole Grain Crackers Raspberries	21 AM Snack Peach slices bagel	22 AM Snack Apple slices WG Cereal	23 AM Snack Smoothies Zucchini	24 AM Snack Graham Crackers applesauce
27 AM Snack Pears Bell pepper slices	28 AM Snack Celery w ranch cheerios	29 AM Snack Hard boiled eggs WG toast	30 AM Snack 1oz Cheese Sticks Mini rice cakes	

SEPTEMBER 2021

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