



September 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
<p>2</p> <p>NO SCHOOL – Labor day</p>	<p>3</p> <p>Breakfast Applesauce WG Bagel Cream Cheese Lunch Cod Tacos WG Tortilla Shredded Cabbage Pineapple Snack Ritz Crackers Mandarin Oranges</p>	<p>4</p> <p>Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Tofu Vegetable Soup Wheat Roll Grapes Cheese Stick Snack Peaches Fruity Yogurt Dip</p>	<p>5</p> <p>Breakfast Oatmeal Fruit Smoothie Lunch Reindeer Gravy (D-16) W Noodles Peas Oranges Snack Salmon Salad (F-11) Wheat Thins</p>	<p>6 (EHS Only)</p> <p>Breakfast WG Cheerios Banana Lunch Chicken Ratatouille Brown Rice Mixed Fruit Snack 1oz Cheese Stick Watermelon/Cantaloupe</p>
<p>9</p> <p>Breakfast French Toast Pears Lunch Harvest Stew Pineapple and Mango Wheat Roll Snack Bakes Sweet Potatoes and Apples</p>	<p>10</p> <p>Breakfast Mixed Fruit Muffins Scrambled Eggs Lunch Fish Pie Arugula/Spinach with Italian Dressing Mandarin Oranges Snack Bean and Cheese Burrito</p>	<p>11</p> <p>Breakfast Shredded Wheats Blueberries Lunch Chicken Curry Casserole Yogurt Sunflower Seed Dip Carrots Raspberries Snack Tuna Salad (F-11) Wheat Thins</p>	<p>12</p> <p>Breakfast Waffles Strawberries Yogurt Lunch Rainbow Rice with Buffalo Dip Broccoli Bites Oranges Snack Graham Crackers Fruit Smoothie</p>	<p>13 (EHS Only)</p> <p>Breakfast Cream of Wheat Mixed Fruit Lunch Quick Quesadilla Green Beans Banana Snack Blueberry Lemon Parfait</p>
<p>16</p> <p>Breakfast Peaches Cream of Wheat Lunch Stir-fry Fajita with Chicken Squash and corn Brown Rice Pears Snack Cheese Stick Honeydew</p>	<p>17</p> <p>Breakfast Cheerios Bananas Lunch Beef Sliders Baked Carrots Mixed Berry Snack Goldfish Zucchini</p>	<p>18</p> <p>Breakfast Applesauce WG Bagel Cream Cheese Lunch Turkey Bean Soup Apples WG Tortilla Chips Snack Ritz Mandarin Oranges</p>	<p>19</p> <p>Breakfast Oatmeal Mixed Berries Lunch Baked Salmon Quinoa Salad Orange Vinaigrette Fruit Salad Snack Peaches Fruity Dip</p>	<p>20 (EHS Only)</p> <p>Breakfast Avocado Scrambled eggs Tortilla Lunch Ground beef Spaghetti Apples/Pears WG Noodles Snack Strawberries Yogurt</p>
<p>23</p> <p>Breakfast Pancakes (B-13) Blueberries Turkey Bacon Lunch Pulled Pork Steamed Baby Carrots Pineapple and Mango Wheat Roll Snack Apple with sun butter dip</p>	<p>24</p> <p>Breakfast Strawberries WG Cheerios Hard Boiled Egg Lunch Turkey Noodle Soup (H-40B) Green Beans Pears 1oz Cheese Stick Snack Fruit Salsa Graham crackers</p>	<p>25</p> <p>Breakfast Blueberries Croissant Lunch Vegetable Chili Cornbread Shredded cheese Grapes Snack Blueberry Lemon Parfait</p>	<p>26</p> <p>Breakfast Breakfast Pizza with reindeer sausage Zucchini Lunch Salmon Patties Mixed Fruit Baked sweet potatoes Croissant Snack Pita Bread Hummus</p>	<p>27 (EHS Only)</p> <p>NO SCHOOL</p>
<p>30</p> <p>Breakfast Shredded Wheats Raspberries Lunch Sloppy Joe Wheat Roll Coleslaw Apple Snack Banana Sushi Roll</p>	<p>This menu meets CACFP guidelines for low salt, low sugar and low-fat content. This institution is an equal opportunity provider.</p> <p>For questions or comments on approved rotating menu, please contact the Executive Assistant 907-433-1602</p>			