



October 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
<p>2</p> <p>Breakfast Shredded Wheats Raspberries Lunch Sloppy Joe Wheat Roll Coleslaw Apple Snack Banana Sushi Roll</p>	<p>3</p> <p>Breakfast Grapes French Toast (C-02) Scrambled Eggs Lunch Halibut Nuggets Peas/Corn Quinoa Salad w orange vinaigrette Fruit Salsa Snack Deli Bento Box</p>	<p>4</p> <p>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</p>	<p>5</p> <p>Breakfast Oatmeal Mixed Berries Lunch Turkey Spaghetti Mango/Pineapple Snack Goldfish Fruit Smoothie</p>	<p>6 (EHS only)</p> <p>No School Teacher Workday</p>
<p>9</p> <p>No School Indigenous Peoples Day</p>	<p>10</p> <p>Breakfast Applesauce WG Bagel Cream Cheese Lunch Cod Tacos WG Tortilla Shredded Cabbage Pineapple Snack Ritz Crackers Mandarin Oranges</p>	<p>11</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>12</p> <p>Breakfast Oatmeal Fruit Smoothie Lunch Reindeer Gravy (D-16) W Noodles Peas Oranges Snack Salmon Salad (F-11) Wheat Thins</p>	<p>13 (EHS only)</p> <p>Breakfast WG Cheerios Banana Lunch Chicken Ratatouille Brown or Wild Rice? Mixed Fruit Snack 1oz Cheese Stick Watermelon/Cantaloupe</p>
<p>16</p> <p>Breakfast French Toast Pears Lunch Harvest Stew Pineapple and Mango Wheat Roll Snack Bakes Sweet Potatoes and Apples</p>	<p>17</p> <p>Breakfast Mixed Fruit Muffins Lunch Scrambled Eggs Lunch Fish Pie Arugula/Spinach with Italian Dressing Mandarin Oranges Snack Bean and Cheese Burrito</p>	<p>18</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>19</p> <p>Breakfast Waffles Strawberries Yogurt Lunch Rainbow Rice with Buffalo Broccoli Bites Oranges Snack Graham Crackers Fruit Smoothie</p>	<p>20 (EHS only)</p> <p>Breakfast Cream of Wheat Mixed Fruit Lunch Quick Quesadilla Green Beans Banana Snack Blueberry Lemon Parfait</p>
<p>23</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>24</p> <p>Breakfast Cheerios Bananas Lunch Beef Sliders Baked Carrots Mixed Berry Snack Goldfish Zucchini</p>	<p>25</p> <p>Breakfast Applesauce WG Bagel Lunch Cream Cheese Lunch Beef Sliders Turkey Bean Soup Apples WG Tortilla Chips Snack Ritz Mandarin Oranges</p>	<p>26</p> <p>Breakfast Oatmeal Mixed Berries Lunch Baked Salmon Quinoa Salad Orange Vinaigrette Fruit Salad Snack Peaches Fruity Dip</p>	<p>27 (EHS only)</p> <p>No School Inservice Day</p>
<p>30</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>31</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>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</p>	