



MAY 2021 EHS

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>3 Breakfast Blueberry Pancakes (B-13) Blueberry Scrambled Eggs Lunch Spaghetti Casserole (D350-A) Broccoli Pineapple Snack Peaches Yogurt</p>	<p>4 Breakfast Pears Whole Grain Cheerios Lunch Turkey Noodle Soup (H-40B) Green Beans Strawberries Wheat Roll Cheese Stick Snack Smoked Salmon Strips Ritz Crackers</p>	<p>5 Breakfast Honeydew Melon Whole Wheat Waffle Diced Ham Lunch Honey Lime Chicken Corn Oranges Wild Rice Snack String Cheese Sugar Snap Peas</p>	<p>6 Breakfast Strawberries Cream of Wheat Hard Boil Egg Lunch Fish Pie (CACFP Adapted) Blueberries Celery Wild Rice Snack Cantaloupe Whole Wheat Toast</p>	<p>7 No School</p>
<p>10 Breakfast Strawberries Oatmeal Hard Boiled Egg Lunch Sloppy Joe on a Wheat Roll Peas Mixed fruit Snack Apple Sauce Croissant</p>	<p>11 Breakfast Cantaloupe French Toast (C-02) Yogurt Lunch Salmon Soup with Brown Rice (H-02 A) Cauliflower Blueberries Cheese Sticks Snack Ritz Crackers Strawberries</p>	<p>12 Breakfast Peaches Whole Wheat Muffin Squares B-12 Lunch Pulled Pork Steamed Baby Carrots Pineapple Wheat Roll Snack Tuna Salad (F-11) Celery</p>	<p>13 Breakfast Pears Soft Tortilla Wrap Scrambled Eggs with Reindeer Sausage Lunch Baked Halibut (D-09) Peas Quinoa Apples Snack Gold Fish Mandarins</p>	<p>14 No School</p>
<p>17 Breakfast Pears Toasted Raisin Bread Diced Turkey Lunch Red Pozole Green Beans Oranges Snack Ritz Crackers Salmon Salad (F-11)</p>	<p>18 Breakfast Rice Chex Blueberry Hard boil egg Lunch Chicken Quesadilla Broccoli Grapefruit Snack Fresh Green Apples Yogurt</p>	<p>19 Breakfast Honeydew Whole Grain Cheerios Turkey Sausage Lunch BBQ Chicken (D-11) Peas and Carrots Pineapple Wild Rice Snack Pear Cottage Cheese</p>	<p>20 Breakfast Waffles (A-05) Strawberries Lunch Reindeer Stew (D-16) Watermelon Wheat Roll Carrots Snack Banana Gold Fish</p>	<p>21 No School</p>
<p>24 Breakfast Banana WG Toasted English Muffin Turkey Sausage (D-34) Lunch Halibut Mixed Normandy Vegetables pineapple Pita Bread Snack Pears zucchini</p>	<p>25 No School Professional Development Day</p>	<p>26 Breakfast Apple Sauce Whole Wheat Bagel with Cream Cheese Lunch Ground taco beef Diced Tomatoes Shredded Green Lettuce Whole Grain Tortilla Avocado Snack Raspberries Cottage cheese</p>	<p>27 Breakfast Banana Whole Grain Banana Muffins Turkey Sausage Lunch Oven Baked Parmesan Chicken (D-05) Spinach with Italian Dressing Mandarin oranges Quinoa Snack Grapes yogurt</p>	<p>28 No School</p>
<p>31 No School Memorial Day</p>				



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24 Last Day of School Breakfast Honeydew Melon Whole Wheat Waffle Diced Ham Lunch Hamburger Patty w Whole Wheat Bun Tomatoes Shredded Green Lettuce Watermelon Potato Salad Snack Yogurt Strawberries	25 No School Professional Development Day	26 No School	27 No School	28 No School
31 No School Memorial Day				

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) 433-1600