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

June 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
	1 Breakfast Mixed Fruit Blueberry Muffin Scrambled eggs Lunch Baked Codfish Ole Mixed Vegetables Cantaloupe Wild Rice Snack Gold Fish Mandarin Oranges	2 Breakfast Watermelon Whole Grain Cheerios Turkey Sausage Lunch BBQ Chicken (D-11) Peas and Carrots Pineapple Wild Rice Snack Pear Cottage Cheese	3 Breakfast Waffles (A-05) Strawberries Lunch Reindeer Stew (D-16) Watermelon Wheat Roll Carrots Snack Banana Green Beans	4 No School
7 Breakfast Blueberry Pancakes (B-13) Blueberry Scrambled Eggs Lunch Spaghetti Casserole (D350-A) Peas Pineapple Snack Peaches Yogurt	8 Breakfast Pears Whole Grain Cheerios Lunch Turkey Noodle Soup (H-40B) Green Beans Strawberries Wheat Roll Cheese Stick Snack Smoked Salmon Strips Ritz Crackers	9 Breakfast Strawberries Whole Wheat Waffle Diced Ham Lunch Honey Lime Chicken Corn Mandarin Oranges Wild Rice Snack String Cheese Sugar Snap Peas	10 Breakfast Raspberries Cream of Wheat Hard Boil Egg Lunch Fish Pie (CACFP Adapted) Blueberries Celery Wild Rice Snack Cantaloupe Whole Wheat Toast	11 No School
14 Breakfast Strawberries Oatmeal Hard Boiled Egg Lunch Sloppy Joe on a Wheat Roll Peas Watermelon Snack Apple Sauce Gold fish	15 Breakfast Blueberries French Toast (C-02) Yogurt Lunch Baked Salmon (D-09) Arugula/Spinach with Italian Dressing Pears Whole Grain Croutons (20g) Snack Cheese stick Strawberries	16 Breakfast Peaches Whole Wheat Muffin Squares B-12 Lunch Pulled Pork Steamed Baby Carrots Pineapple Wheat Roll Snack Salmon Salad (F-11) Ritz Crackers	17 Breakfast Rice Chex Blueberry Scrambled Eggs Lunch Chicken Quesadilla Broccoli Strawberries Snack Watermelon Yogurt	18 No School
21 Breakfast Banana WG Toasted English Muffin Turkey Sausage (D-34) Lunch Halibut Green beans Mandarin Oranges Pita Bread Snack Pears Carrots	22 Breakfast Strawberries Oatmeal Squares Cereal Diced Ham Lunch Reindeer Gravy (D-16) Brown Rice Peas Apples Snack Salmon Salad (F-11) Ritz Crackers	23 Breakfast Apple Sauce Whole Wheat Bagel with Cream Cheese Lunch Ground taco beef Diced Tomatoes Shredded Green Lettuce Whole Grain Tortilla Avocado Snack Raspberries Yogurt	24 Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Oven Baked Parmesan Chicken (D-05) Spinach with Italian Dressing Watermelon Quinoa Snack Cheese Sticks Honeydew Melon	25 No School
28 Breakfast Mixed Fruit Blueberry Muffin Scrambled eggs with smoked salmon Lunch Baked Codfish Ole Green Beans Cantaloupe Wild Rice Snack Cheese Sticks Watermelon	29 (Last Day of School) Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Baked Salmon (D-09) Arugula/Spinach with Italian Dressing Sliced Tomato Whole Grain Crouton(20g) Snack Cheese Sticks Honeydew Melon	30 No School		

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