



APRIL 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 Waffles (A-05) Strawberries Lunch Reindeer Stew (D-16) Watermelon Wheat Roll Carrots Snack Banana Gold Fish	2 No School
5 Breakfast Blueberry Pancakes (B-13) Blueberry Scrambled Eggs Lunch Spaghetti Casserole (D350-A) Broccoli Pineapple Snack Peaches Yogurt	6 Breakfast Pears Whole Grain Cheerios Lunch Turkey Noodle Soup (H-40B) Green Beans Strawberries Wheat Roll Cheese Stick Snack Smoked Salmon Strips Ritz Crackers	7 Breakfast Honeydew Melon Whole Wheat Waffle Diced Ham Lunch Honey Lime Chicken Corn Oranges Wild Rice Snack String Cheese Sugar Snap Peas	8 Breakfast Strawberries Cream of Wheat Hard Boil Egg Lunch Fish Pie (CACFP Adapted) Blueberries Celery Wild Rice Snack Cantaloupe Whole Wheat Toast	9 No School
12 Breakfast Strawberries Oatmeal Hard Boiled Egg Lunch Sloppy Joe on a Wheat Roll Peas Mixed fruit Snack Apple Sauce Croissant	13 Breakfast Cantaloupe French Toast (C-02) Yogurt Lunch Salmon Soup with Brown Rice (H-02 A) Cauliflower Blueberries Cheese Sticks Snack Ritz Crackers Strawberries	14 Breakfast Peaches Whole Wheat Muffin Squares B-12 Lunch Pulled Pork Steamed Baby Carrots Pineapple Wheat Roll Snack Tuna Salad (F-11) Celery	15 Breakfast Pears Soft Tortilla Wrap Scrambled Eggs with Reindeer Sausage Lunch Baked Halibut (D-09) Peas Quinoa Apples Snack Gold Fish Mandarins	16 No School
19 Breakfast Banana WG Toasted English Muffin Turkey Sausage (D-34) Lunch Halibut Mixed Normandy Vegetables pineapple Pita Bread Snack Pears Carrots	20 Breakfast Strawberries Oatmeal Squares Cereal Diced Ham Lunch Reindeer Gravy (D-16) Brown Rice Cauliflower Apples Snack Salmon Salad (F-11) Ritz Crackers	21 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	22 Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Baked Salmon (D-09) Arugula/Spinach with Italian Dressing Sliced Tomato Whole Grain Croutons (20g) Snack Cheese Sticks Honeydew Melon	23 No School
26 Breakfast Pears Toasted Raisin Bread Diced Turkey Lunch Red Pozole Green Beans Oranges Snack Ritz Crackers Salmon Salad (F-11)	27 Breakfast Mixed Fruit Blueberry Muffin Scrambled eggs with smoked salmon Lunch Baked Codfish Ole Mixed Vegetables Cantaloupe Wild Rice Snack Bean Dip & Pita Bread	28 Breakfast Honeydew Whole Grain Cheerios Turkey Sausage Lunch BBQ Chicken (D-11) Peas and Carrots Pineapple Wild Rice Snack Pear Cottage Cheese	29 No School Parent/Teacher Conferences	30 No School Parent/Teacher Conferences

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