



November 2025

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
3 Breakfast French Toast Pears Lunch Harvest Stew Pineapple and Mango Wheat Roll Snack Bakes Sweet Potatoes and Apples	4 Breakfast Mixed Fruit Muffins Scrambled Eggs Lunch Fish Pie Arugula/Spinach with Italian Dressing Mandarin Oranges Snack Bean and Cheese Burrito	5 Breakfast Shredded Wheats Blueberries Lunch Chicken Curry Casserole Cheese Carrots Raspberries Snack Tuna Salad (F-11) Wheat Thins	6 Breakfast Waffles Strawberries Yogurt Lunch Rainbow Rice with Buffalo Broccoli Bites Oranges Snack Graham Crackers Fruit Smoothie	7 (EHS Only) Breakfast Cream of Wheat Mixed Fruit Lunch Quick Quesadilla Green Beans Banana Snack Blueberry Lemon Parfait
10 Breakfast Peaches Cream of Wheat Lunch Stir-fry Fajita with Chicken Squash and corn Brown Rice Pears Snack Cheese Stick Honeydew	11 No School Veteran's Day	12 Breakfast Applesauce WG Bagel Cream Cheese Lunch Turkey Bean Soup Apples WG Tortilla Chips Snack Ritz Mandarin Oranges	13 Breakfast Oatmeal Mixed Berries Lunch Baked Salmon Quinoa Salad Orange Vinaigrette Fruit Salad Snack Peaches Fruity Dip	14 (EHS Only) Breakfast Avocado Scrambled eggs Tortilla Lunch Ground beef Spaghetti Apples/Pears WG Noodles Snack Strawberries Yogurt
17 Breakfast Pancakes (B-13) Blueberries Turkey Bacon Lunch Pulled Pork Steamed Baby Carrots Pineapple and Mango Wheat Roll Snack Apple with sun butter dip	18 Breakfast Strawberries WG Cheerios Hard Boiled Egg Lunch Turkey Soup (H-40B) Green Beans Pears 1oz Cheese Stick Snack Fruit Salsa Graham crackers	19 Breakfast Blueberries Croissant Lunch Vegetable Chili Cornbread Shredded cheese Grapes Snack Blueberry Lemon Parfait	20 Breakfast Breakfast Pizza with reindeer sausage Zucchini Lunch Salmon Patties Mixed Fruit Baked sweet potatoes Croissant Snack Pita Bread Hummus	21 (EHS Only) No School Parent/Teacher Conferences
24 Breakfast Shredded Wheats Raspberries Lunch Sloppy Joe Wheat Roll Coleslaw Apple Snack Banana Sushi Roll	25 Breakfast Grapes French Toast (C-02) Scrambled Eggs Lunch Halibut Nuggets Peas/Corn Quinoa Salad w orange vinaigrette Fruit Salsa Snack Deli Bento Box	26 Breakfast Strawberries Whole Wheat Muffin Lunch Bean Soup (5-08) Carrots & mixed fruit Yogurt Sunflower Seed Dip WG Tortilla Chips Snack Tuna Salad (F-11) Wheat Thins	27 No School Thanksgiving	28 No School Holiday

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 Executive Assistant 907-433-1602