



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

August 2026

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 NO SCHOOL SUMMER BREAK	4 NO SCHOOL SUMMER BREAK	5 NO SCHOOL SUMMER BREAK	6 NO SCHOOL SUMMER BREAK	7 NO SCHOOL SUMMER BREAK
10 NO SCHOOL SUMMER BREAK	11 NO SCHOOL SUMMER BREAK	12 NO SCHOOL SUMMER BREAK	13 NO SCHOOL SUMMER BREAK	14 NO SCHOOL SUMMER BREAK
17 Breakfast Blueberries Croissant Lunch Beef Goulash Kiwi W Mixed Fruit Snack Egg Salad Toasted English Muffin	18 Breakfast Applesauce WG Bagel Cream Cheese Lunch Cod Tacos WG Tortilla Shredded Cabbage Pineapple Snack Ritz Crackers Mandarin Oranges	19 Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Tofu Vegetable Soup Wheat Roll Grapes Cheese Stick Snack Peaches Fruity Yogurt Dip	20 Breakfast Oatmeal Fruit Smoothie Lunch Reindeer Gravy (D-16) W Noodles Peas Oranges Snack Salmon Salad (F-11) Wheat Thins	21 (EHS Only) Breakfast WG Cheerios Banana Lunch Chicken Ratatouille Brown Rice Mixed Fruit Snack 1oz Cheese Stick Cantaloupe
24 Breakfast French Toast Pears Lunch Harvest Stew Pineapple and Mango Wheat Roll Snack Baked Sweet Potatoes and Apples	25 Breakfast Mixed Fruit Muffins Scrambled Eggs Lunch Fish Pie Arugula/Spinach with Italian Dressing Mandarin Oranges Snack Bean and Cheese Burrito	26 Breakfast Shredded Wheats Mango Lunch Chicken Curry Casserole Yogurt Sunflower Seed Dip Carrots Raspberries Snack Tuna Salad (F-11) Wheat Thins	27 Breakfast Waffles Strawberries Yogurt Lunch Rainbow Rice with Buffalo Broccoli Bites Oranges Snack Graham Crackers Fruit Smoothie	28 (EHS Only) Breakfast Cream of Wheat Mixed Fruit Lunch Quick Quesadilla Green Beans Banana Snack Blueberry Lemon Parfait
31 Breakfast Peaches Cream of Wheat Lunch Stir-fry Fajita with Chicken Squash and corn Brown Rice Pears Snack Cheese Stick Honeydew				

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, 907-433-1600