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

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

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