



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

August 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
				¹ NO SCHOOL SUMMER BREAK
⁴ NO SCHOOL SUMMER BREAK	⁵ NO SCHOOL SUMMER BREAK	⁶ NO SCHOOL SUMMER BREAK	⁷ NO SCHOOL SUMMER BREAK	⁸ NO SCHOOL SUMMER BREAK
¹¹ NO SCHOOL SUMMER BREAK	¹² NO SCHOOL SUMMER BREAK	¹³ NO SCHOOL SUMMER BREAK	¹⁴ NO SCHOOL SUMMER BREAK	¹⁵ NO SCHOOL SUMMER BREAK
¹⁸ Breakfast Blueberries Croissant Lunch Beef Goulash Kiwi W Mixed Fruit Snack Egg Salad Toasted English Muffin	¹⁹ Breakfast Applesauce WG Bagel Cream Cheese Lunch Cod Tacos WG Tortilla Shredded Cabbage Pineapple Snack Ritz Crackers Mandarin Oranges	²⁰ Breakfast Zucchini Sunshine Tacos (eggs, cheese, tortilla wrap) Lunch Tofu Vegetable Soup Wheat Roll Grapes Cheese Stick Snack Peaches Fruity Yogurt Dip	²¹ Breakfast Oatmeal Fruit Smoothie Lunch Reindeer Gravy (D-16) W Noodles Peas Oranges Snack Salmon Salad (F-11) Wheat Thins	^{22 (EHS Only)} Breakfast WG Cheerios Banana Lunch Chicken Ratatouille Brown Rice Mixed Fruit Snack 1oz Cheese Stick Cantaloupe
²⁵ Breakfast French Toast Pears Lunch Harvest Stew Pineapple and Mango Wheat Roll Snack Baked Sweet Potatoes and Apples	²⁶ Breakfast Mixed Fruit Muffins Scrambled Eggs Lunch Fish Pie Arugula/Spinach with Italian Dressing Mandarin Oranges Snack Bean and Cheese Burrito	²⁷ Breakfast Shredded Wheats Mango Lunch Chicken Curry Casserole Yogurt Sunflower Seed Dip Carrots Raspberries Snack Tuna Salad (F-11) Wheat Thins	²⁸ Breakfast Waffles Strawberries Yogurt Lunch Rainbow Rice with Buffalo Broccoli Bites Oranges Snack Graham Crackers Fruit Smoothie	^{29 (EHS Only)} Breakfast Cream of Wheat Mixed Fruit Lunch Quick Quesadilla Green Beans Banana Snack Blueberry Lemon Parfait

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