



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

EHS June 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                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Breakfast<br>Blueberries<br>Croissant<br>Lunch<br>Beef Goulash<br>Kiwi W Mixed Fruit<br>Snack<br>Egg Salad<br>Toasted English Muffin                                 | <b>3</b><br>Breakfast<br>Applesauce<br>WG Bagel<br>Cream Cheese<br>Lunch<br>Cod Tacos<br>WG Tortilla<br>Shredded Cabbage<br>Pineapple<br>Snack<br>Ritz Crackers<br>Mandarin Oranges             | <b>4</b><br>Breakfast<br>Zucchini<br>Sunshine Tacos (eggs, cheese, tortilla wrap)<br>Lunch<br>Tofu Vegetable Soup<br>Wheat Roll<br>Grapes<br>Cheese Stick<br>Snack<br>Peaches<br>Fruity Yogurt Dip | <b>5</b><br>Breakfast<br>Oatmeal<br>Fruit Smoothie<br>Lunch<br>Reindeer Gravy (D-16) W Noodles<br>Peas<br>Oranges<br>Snack<br>Salmon Salad (F-11)<br>Wheat Thins                            | <b>6</b><br>Breakfast<br>WG Cheerios<br>Banana<br>Lunch<br>Chicken Ratatouille<br>Brown Rice<br>Mixed Fruit<br>Snack<br>1oz Cheese Stick<br>Cantaloupe                                          |
| <b>9</b><br>Breakfast<br>French Toast<br>Pears<br>Lunch<br>Harvest Stew<br>Pineapple and Mango<br>Wheat Roll<br>Snack<br>Baked Sweet Potatoes and Apples                         | <b>10</b><br>Breakfast<br>Mixed Fruit<br>Muffins<br>Scrambled Eggs<br>Lunch<br>Fish Pie<br>Arugula/Spinach with Italian Dressing<br>Mandarin Oranges<br>Snack<br>Bean and Cheese Burrito        | <b>11</b><br>Breakfast<br>Shredded Wheats<br>Mango<br>Lunch<br>Chicken Curry Casserole<br>Yogurt Sunflower Seed Dip<br>Carrots<br>Raspberries<br>Snack<br>Tuna Salad (F-11)<br>Wheat Thins         | <b>12</b><br>Breakfast<br>Waffles<br>Strawberries<br>Yogurt<br>Lunch<br>Rainbow Rice with Buffalo Broccoli Bites<br>Oranges<br>Snack<br>Graham Crackers<br>Fruit Smoothie                   | <b>13</b><br>Breakfast<br>Cream of Wheat<br>Mixed Fruit<br>Lunch<br>Quick Quesadilla<br>Green Beans<br>Banana<br>Snack<br>Blueberry Lemon Parfait                                               |
| <b>16</b><br>Breakfast<br>Peaches<br>Cream of Wheat<br>Lunch<br>Stir-fry Fajita with Chicken<br>Squash and corn<br>Brown Rice<br>Pears<br>Snack<br>Cheese Stick<br>Honeydew      | <b>14</b><br>Breakfast<br>Cheerios<br>Strawberries<br>Lunch<br>Beef Sliders<br>Baked Carrots<br>Watermelon<br>Snack<br>Goldfish<br>Zucchini                                                     | <b>18</b><br>Breakfast<br>Mandarin Oranges<br>WG Bagel<br>Cream Cheese<br>Lunch<br>Turkey Bean Soup<br>Mango<br>WG Tortilla Chips<br>Snack<br>Ritz<br>Mandarin Oranges                             | <b>19</b><br><b>No School</b>                                                                                                                                                               | <b>20</b><br>Breakfast<br>Avocado<br>Scrambled eggs<br>Tortilla<br>Lunch<br>Ground beef Spaghetti<br>Apples/Pears<br>WG Noodles<br>Snack<br>Banana<br>Yogurt                                    |
| <b>23</b><br>Breakfast<br>Pancakes (B-13)<br>Blueberries<br>Lunch<br>Pulled Pork<br>Steamed Baby Carrots<br>Pineapple and Mango<br>Wheat Roll<br>Snack<br>Goldfish<br>Cantaloupe | <b>24</b><br>Breakfast<br>Mango<br>WG Cheerios<br>Hard Boiled Egg<br>Lunch<br>Turkey Noodle Soup (H-40B)<br>Green Beans<br>Pears<br>1oz Cheese Stick<br>Snack<br>Fruit Salsa<br>Graham crackers | <b>25</b><br>Breakfast<br>Peaches<br>Cream of Wheat<br>Lunch<br>Vegetable Chili<br>Cornbread<br>Shredded cheese<br>Watermelon<br>Snack<br>Blueberry Lemon Parfait                                  | <b>26</b><br>Breakfast<br>Breakfast Pizza with reindeer sausage<br>Zucchini<br>Lunch<br>Salmon Patties<br>Mixed Fruit<br>Baked sweet potatoes<br>Croissant<br>Snack<br>Pita Bread<br>Hummus | <b>27 (Last day of school)</b><br>Breakfast<br>Oatmeal<br>Raspberries<br>Lunch<br>Shredded chicken<br>WG Tortilla<br>tomato<br>Shredded cheese<br>Peaches<br>Snack<br>Watermelon Cucumber Salad |

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