



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