



# Nutrition Menu

# January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 charge.	Breakfast and lunch served with Chocolate or Skim, Low-fat, or 1% White Milk, & 100 % Juice.  Menus are subject to change.					
31	1	2				
4	5	6	7	8	9	10
<b>Breakfast:</b> Cereal, mixed fruit <b>Lunch:</b> Tacos, corn, beans, apples	<b>Breakfast:</b> French toast sticks, bananas <b>Lunch:</b> Sticky chicken Asian bowl, cucumbers, peas, bananas,	<b>Breakfast:</b> Pancakes, strawberries <b>Lunch:</b> Chili and Cinnamon roll, salad, apples, pears	<b>Breakfast:</b> Yogurt parfait, berries, granola <b>Lunch:</b> Lasagna, broccoli, carrots, mixed fruit	<b>Breakfast:</b> Muffins, bananas <b>Lunch:</b> Sandwiches, carrots, dragon juice, apples		
11	12	13	14	15	16	17
<b>Breakfast:</b> Cereal, mixed fruit <b>Lunch:</b> Nachos, corn, black beans, salad, applesauce, apples	<b>Breakfast:</b> Sausage links, biscuits, peaches <b>Lunch:</b> Taco soup, salad, roll, grapes, pears	<b>Breakfast:</b> Waffles, eggs, strawberries <b>Lunch:</b>	<b>Breakfast:</b> Pancakes, berries, eggs <b>Lunch:</b> Sloppy Joes, baby potatoes, salad, oranges, bananas	<b>Breakfast:</b> Muffin, bananas <b>Lunch:</b> Sandwiches, cherry tomatoes, dragon juice, Apples		
18	19	20	21	22	23	24
<b>Breakfast:</b> Cereal, bananas <b>Lunch:</b> Fish sticks, tots, peas, apples, pears	<b>Breakfast:</b> Biscuits & gravy, berries <b>Lunch:</b> Spaghetti or alfredo, roll, salad, broccoli, mixed fruit	<b>Breakfast:</b> Pizza, apples <b>Lunch:</b> Chipotle burrito bowl, beans, corn, salad, strawberries and grapes	<b>Breakfast:</b> Blueberry waffles, eggs, pears <b>Lunch:</b> Breaded chicken legs, baby potatoes, peas, salad, mixed fruit	<b>Breakfast:</b> Muffins, string cheese, apples <b>Lunch:</b> Sandwiches, carrots, Dragon Juice, bananas		
25	26	27	28	29	30	
<b>Breakfast:</b> Cereal, apple <b>Lunch:</b> Chicken and Waffles, Hash browns, salad, cucumbers, apples, oranges	<b>Breakfast:</b> Blueberry waffles, strawberries <b>Lunch:</b> White chicken chili, roll, salad, peas, beans, peaches	<b>Breakfast:</b> Sausage and egg biscuit, berries <b>Lunch:</b> Meatloaf, mashed potatoes, salad, carrots, red peppers, grape and berry salad	<b>Breakfast:</b> Breakfast burritos, bananas <b>Lunch:</b> Cheeseburgers, curly fries, salad, mixed fruit	<b>Breakfast:</b> Muffins, pears, apples <b>Lunch:</b> Sandwiches, Dragon juice, carrots, grapes or apples		