





Nutrition Menu

January 2026

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