

\*Milk is served with every meal

\*Whole Grain served daily

**Lunch Menu  
January 2026**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>5</b> Pizza Cucumbers Apple Slices	<b>6</b> Beef Tacos Lettuce & Tomatoes Orange Slices	<b>7</b> Baked Chicken Roasted Potatoes & Vegetable Medley Fresh fruit Roll	<b>8</b> Spaghetti & Meat Balls Peas Mixed Fruit	<b>9</b> Chilli Crackers & Cheese Melon
<b>12</b> Pizza Fresh Broccoli Apple Slices	<b>13</b> Enchiladas Beans Melon	<b>14</b> Pork Roast Sweet Potatoes Green Beans Pears Whole Wheat Bread	<b>15</b> Vegetable Lasagna Mixed Fruit Breadsticks	<b>16</b> Tomato Soup Croissants Cheese "Cutties"
<b>19</b> Pizza Cucumbers Apple Slices	<b>20</b> Chicken Tacos Lettuce & Tomatoes Melon	<b>21</b> Chicken Legs Rice Medley Peas & Carrots Apples	<b>22</b> Goulash Green Beans Mixed Fruit	<b>23</b> Creme of Broccoli Soup Turkey Sandwich Fresh Fruit
<b>26</b> Pizza Fresh Broccoli Apple Slices	<b>27</b> Hamburgers Waffle Fries Carrot Sticks Melon	<b>28</b> Baked Ham Buttered Noodles Baked Beans Orange Slices	<b>29</b> Spaghetti & Meat Sauce Green Beans Mixed Fruit	<b>30</b> Mac & Cheese Mixed Vegetables Sliced Oranges

**Breakfast** consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

**Afternoon snack** consists of one grain, protein, or dairy product and one fruit or vegetable.

**Note:** non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.