

*Milk is served with every meal

*Whole Grain served daily

Lunch Menu January 2026

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