

# Breakfast Pre-K

JANUARY 2026

MON	TUE	WED	THU	FRI
			1	2
5 Whole-Grain Cheerios w/ Grape Juice	6 Strawberry Banana Yogurt w/ <b>Fresh Apple</b>	7 Rice Chex w/ Apple Juice	8 Multi-Grain Cheerios w/ <b>Fresh Apple</b>	9 Banana Muffin w/ Diced Peaches
12 Blueberry Muffin w/ Fruit Punch Juice	13 Strawberry Banana Yogurt w/ <b>Fresh Apple</b>	14 Whole-Grain Cheerios w/ Grape Juice	15 Corn Muffin w/ <b>Fresh Apple</b>	16 Multi-Grain Cheerios w/ Orange Tangerine Juice
19	20 Strawberry Banana Yogurt w/ <b>Fresh Apple</b>	21 Honey Cheerios w/ Orange Tangerine Juice	22 Corn Muffin w/ <b>Fresh Apple</b>	23 Cinnamon Raisin Bagel w/ Butter & Fruit Punch Juice
26 Blueberry Muffin w/ Fruit Punch Juice	27 Strawberry Banana Yogurt w/ <b>Fresh Apple</b>	28 Whole-Grain Cheerios w/ Grape Juice	29 Corn Muffin w/ <b>Fresh Apple</b>	30 Multi-Grain Cheerios w/ Orange Tangerine Juice

## DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low-fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

### Milk Choices

1% Milk and Skim Milk

### Please Note

**Locally Grown Component Planned Daily.**

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V".



# Breakfast K-12

JANUARY 2026

MON	TUE	WED	THU	FRI
			1	2
5 Reduced Sugar Trix Cereal w/ Graham Crackers  Diced Peaches & Grape Juice	6 Whole-Wheat Bagel w/ Cream Cheese <b>or</b> Cinnamon Bun  <b>Fresh Apple</b> & Orange Tangerine Juice	7 Chocolate Chip Muffin <b>or</b> Waffles w/ Syrup  Fresh Pear & Very Berry Juice	8 Strawberry Banana Yogurt w/ Graham Crackers (V) Fresh Apple & Diced Pineapple <b>or</b> Turkey Sausage, Egg, & Cheese Burrito <b>Fresh Apple</b> & Mixed Fruit Cup	9 Cinnamon Crisp Bar  Raisins & Grape Juice
12 Multi-Grain Cheerios w/ Graham Crackers  Raisins & Applesauce	13 Strawberry Banana Yogurt w/ Graham Crackers <b>Fresh Apple</b> & Pineapple Cup <b>or</b> Pancakes w/ Syrup <b>Fresh Apple</b> & Fruit Punch Juice	14 Cinnamon Raisin Bagel w/ Butter (V) <b>or</b> Turkey Sausage Breakfast Pizza  Diced Peaches & Grape Juice	15 Honey Cheerios w/ Graham Crackers <b>or</b> Cheesy Biscuit  <b>Fresh Apple</b> & Orange Tangerine Juice	16 Blueberry Muffin  Fresh Orange & Very Berry Juice
19	20 Strawberry Banana Yogurt w/ Graham Crackers <b>Fresh Apple</b> & Diced Pineapple <b>or</b> Apple Frudel <b>Fresh Apple</b> & Diced Peaches	21 <b>NEW!</b> Apple Muffin (V) Raisins & Grape Juice <b>or</b> Turkey Sausage, Egg, & Cheese Burrito Mixed Fruit Cup & Fruit Punch Juice	22 Plain Bagel w/ Cream Cheese <b>or</b> Dutch Waffle  <b>Fresh Apple</b> & Orange Tangerine Juice	23 <b>NEW!</b> Apple Cinnamon Cheerios  Fresh Pear & Very Berry Juice
26 Multi-Grain Cheerios w/ Graham Crackers  Raisins & Applesauce	27 Strawberry Banana Yogurt w/ Graham Crackers <b>Fresh Apple</b> & Diced Pineapple <b>or</b> French Toast w/ Syrup <b>Fresh Apple</b> & Fruit Punch Juice	28 Cinnamon Raisin Bagel w/ Butter <b>or</b> Cheesy Biscuit  Diced Peaches & Grape Juice	29 Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers (V) <b>or</b> Turkey Sausage Griddle Sandwich  <b>Fresh Apple</b> & Orange Tangerine Juice	30 Cherry Cocoa Bar  Fresh Pear & Very Berry Juice

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# Lunch Pre-K

JANUARY 2026

MON	TUE	WED	THU	FRI
			1	2
5 <b>NEW!</b> Honey Mustard Chicken w/ Green Beans Whole-Wheat Bread Slice <b>or</b> Home-Style Macaroni & Cheese w/ Broccoli (V)  <b>Fresh Apple</b>	6 Salisbury Steak w/ Gravy & Roasted Potatoes Whole-Wheat Bread Slice <b>or</b> Vegetarian Chili w/ Brown Rice & Green Beans (V)  Fresh Pear	7 Chicken Tenders w/ Ketchup & Corn <b>or</b> Spanish Rice & Beans w/ Plantain (V)  <b>Fresh Apple</b>	8 Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V)  Italian Vegetables  Fresh Banana	9 Cheese Pizza (V)  Garden Salad w/ Ranch Dressing  <b>Fresh Apple</b>
12 BBQ Chicken w/ Sweet Mashed Potatoes <b>or</b> Penne Pasta w/ Chickpeas in Tomato Sauce (V)  <b>Fresh Apple</b>	13 Chicken Meatballs w/ Tomato Sauce, Mozzarella Cheese & Sub Roll <b>or</b> Spanish Rice & Beans w/ Plantain (V)  Fresh Pear	14 Adobo Chicken w/ Cilantro Brown Rice <b>or</b> Falafel Bites (V) Whole-Wheat Bread Slice Corn  <b>Fresh Apple</b>	15 Beef Burger w/ Ketchup & Green Beans <b>or</b> Cheese Ravioli in Tomato Sauce w/ Italian Vegetables  Fresh Banana	16 Home-Style Macaroni & Cheese (V)  Broccoli  <b>Fresh Apple</b>
19	20 Chicken Tenders w/ Ketchup & Corn <b>or</b> Vegetarian Chili w/ Brown Rice & Green Beans (V)  Fresh Pear	21 General Tso's Chicken w/ Brown Rice <b>or</b> Home-Style Macaroni & Cheese (V) Broccoli  <b>Fresh Apple</b>	22 Chicken Parmesan w/ Green Beans <b>or</b> Spanish Rice & Beans w/ Plantain (V)  Fresh Banana	23 Cheese Pizza (V)  Garden Salad w/ Ranch Dressing  <b>Fresh Apple</b>
26 Breaded Chicken Bites w/ Ketchup <b>or</b> Penne Pasta w/ Chickpeas in Tomato Sauce (V)  <b>Fresh Apple</b>	27 Cheese Ravioli w/ Tomato Sauce (V)  Italian Vegetables  Fresh Pear	28 Meatloaf w/ Gravy & Mashed Potatoes <b>or</b> Falafel Bites w/ Corn (V) Whole-Wheat Bread Slice  <b>Fresh Apple</b>	29 Chicken Alfredo Pasta <b>or</b> Home-Style Macaroni & Cheese (V) Broccoli  Fresh Banana	30 Spanish Rice & Beans (V)  Plantain  <b>Fresh Apple</b>

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# Lunch Pre-K

## Cold Wednesdays

JANUARY 2026

MON	TUE	WED	THU	FRI
			1	2
5 <b>NEW!</b> Honey Mustard Chicken w/ Green Beans Whole-Wheat Bread Slice <b>or</b> Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple	6 Salisbury Steak w/ Gravy & Roasted Potatoes Whole-Wheat Bread Slice <b>or</b> Vegetarian Chili w/ Brown Rice & Green Beans (V) Fresh Pear	7 Chicken Salad Flatbread Sandwich <b>or</b> American Cheese Sandwich (V) Cole Slaw Fresh Apple	8 Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Banana	9 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
12 BBQ Chicken w/ Sweet Mashed Potatoes <b>or</b> Penne Pasta w/ Chickpeas in Tomato Sauce (V) Fresh Apple	13 Chicken Meatballs w/ Tomato Sauce, Mozzarella Cheese & Sub Roll <b>or</b> Spanish Rice & Beans w/ Plantain (V) Fresh Pear	14 Turkey Bologna & Cheese Sandwich <b>or</b> Sunbutter & Sandwich w/ String Cheese (V) Sliced Salad w/ Ranch Dressing Fresh Apple	15 Beef Burger w/ Ketchup & Green Beans <b>or</b> Cheese Ravioli in Tomato Sauce w/ Italian Vegetables Fresh Banana	16 Home-Style Macaroni & Cheese (V) Broccoli Fresh Apple
19	20 Chicken Tenders w/ Ketchup & Corn <b>or</b> Vegetarian Chili w/ Brown Rice & Green Beans (V) Fresh Pear	21 Turkey & Cheese Sandwich <b>or</b> American Cheese Sandwich (V) Cole Slaw Fresh Apple	22 Chicken Parmesan w/ Green Beans <b>or</b> Spanish Rice & Beans w/ Plantain (V) Fresh Banana	23 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
26 Breaded Chicken Bites w/ Ketchup <b>or</b> Penne Pasta w/ Chickpeas in Tomato Sauce (V) Fresh Apple	27 Cheese Ravioli w/ Tomato Sauce (V) Italian Vegetables Fresh Pear	28 Hero (Turkey, Turkey Ham & Cheese) Sandwich <b>or</b> Sunbutter & Jelly Sandwich w/ String Cheese (V) Side Salad w/ Ranch Dressing Fresh Apple	29 Chicken Alfredo Pasta <b>or</b> Home-Style Macaroni & Cheese (V) Broccoli Fresh Banana	30 Spanish Rice & Beans (V) Plantain Fresh Apple

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# Lunch K-8

JANUARY 2026

MON	TUE	WED	THU	FRI
			1	2
5 General Tso's Chicken w/ Brown Rice & Broccoli <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)  Fresh Apple	6 Beef Cheeseburger w/ Ketchup <b>or</b> Bean & Cheese Burrito (V)  Street Corn  Fresh Pear	7 Chicken Nuggets w/ Ketchup & Baked Beans <b>or</b> Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomatoes (V)  Fresh Apple	8 Southwest Salad w/ Chicken & Ranch Dressing Corn Muffin <b>or</b> Pasta in Tomato Sauce w/ Mozzarella Cheese & Broccoli (V)  Fresh Banana	9 Chicken Breast Sandwich w/ Mayo <b>or</b> Cheese Pizza (V)  Baby Carrots w/ Ranch Dressing  Fresh Apple
12 BBQ Chicken w/ Brown Rice & Baked Beans <b>or</b> Spanish Rice w/ Beans & Cheese (V)  Fresh Apple	13 Salisbury Steak w/ Gravy & Mashed Potatoes <b>or</b> Vegetarian Chili w/ Corn & Whole-Grain Bread  Fresh Orange	14 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing <b>or</b> Home-Style Macaroni & Cheese w/ Broccoli (V)  Fresh Apple	15 Turkey Hot dog w/ ketchup <b>or</b> Egg & Cheese Sandwich w/ Ketchup (V)  Roasted Sweet Potatoes  Fresh Banana	16 Turkey & Cheese Sandwich w/ Mayo <b>or</b> Cheese Pizza (V)  Celery Sticks w/ Ranch Dressing  Fresh Apple
19	20 Chicken Tenders w/ Ketchup & Roasted Potatoes <b>or</b> Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V)  Applesauce	21 Turkey Chili w/ Brown Rice & Steamed Carrots <b>or</b> Cheese Lasagna w/ Tomato Sauce & Green Beans  Fresh Apple	22 Breaded Chicken Sandwich w/ Hot Sauce <b>or</b> Cheese Quesadilla w/ Taco Sauce (V)  Side Salad w/ Ranch Dressing  Fresh Banana	23 Turkey Ham & Cheese Sandwich w/ Mustard <b>or</b> Cheese Pizza (V)  Baby Carrots w/ Ranch Dressing  Fresh Apple
26 Adobo Chicken w/ Brown Rice & Corn <b>or</b> Veggie Burger w/ Mayo & Roasted Potatoes (V)  Fresh Apple	27 Turkey Hot Dog w/ Ketchup & Baked Beans <b>or</b> Spanish Rice w/ Beans & Cheese (V)  Fresh Orange	28 BBQ Meatballs w/ Broccoli Whole-Grain Club Roll <b>or</b> Cobb Salad w/ Ranch Dressing & Corn Muffin  Fresh Apple	29 Chicken Dumplings w/ Vegetable Medley <b>or</b> NEW! Stir "Fried" Rice w/ Egg & Vegetables (V)  Fresh Banana	30 Chicken Salad Ciabatta Sandwich <b>or</b> Cheese Pizza (V)  Baby Carrots w/ Ranch Dressing  Fresh Apple

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# Lunch K-8

## Cold Wednesdays

JANUARY 2026

MON	TUE	WED	THU	FRI
			1	2
5 General Tso's Chicken w/ Brown Rice & Broccoli <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)  Fresh Apple	6 Beef Cheeseburger w/ Ketchup <b>or</b> Bean & Cheese Burrito (V)  Street Corn  Fresh Pear	7 Chicken Salad Flatbread Sandwich <b>or</b> American Cheese Sandwich (V)  Baby Carrots w/ Hummus  Fresh Apple	8 Southwest Salad w/ Chicken & Ranch Dressing Corn Muffin <b>or</b> Pasta in Tomato Sauce w/ Mozzarella Cheese & Broccoli (V)  Fresh Banana	9 Chicken Breast Sandwich w/ Mayo <b>or</b> Cheese Pizza (V)  Baby Carrots w/ Ranch Dressing  Fresh Apple
12 BBQ Chicken w/ Brown Rice & Baked Beans <b>or</b> Spanish Rice w/ Beans & Cheese (V)  Fresh Apple	13 Salisbury Steak w/ Gravy & Mashed Potatoes <b>or</b> Vegetarian Chili w/ Corn (V) Whole-Grain Bread  Fresh Orange	14 Turkey Bologna & Cheese Sandwich <b>or</b> Sunbutter & Jelly Sandwich w/ String Cheese (V)  Side Salad w/ Ranch Dressing  Fresh Apple	15 Turkey Hot dog w/ ketchup <b>or</b> Egg & Cheese Sandwich w/ Ketchup (V)  Roasted Sweet Potatoes  Fresh Banana	16 Turkey & Cheese Sandwich w/ Mayo <b>or</b> Cheese Pizza (V)  Celery Sticks w/ Ranch Dressing  Fresh Apple
19	20 Chicken Tenders w/ Ketchup & Roasted Potatoes <b>or</b> Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V)  Applesauce	21 Turkey & Cheese Sandwich <b>or</b> American Cheese Sandwich (V)  Cole Slaw  Fresh Apple	22 Breaded Chicken Sandwich w/ Hot Sauce <b>or</b> Cheese Quesadilla w/ Taco Sauce (V)  Side Salad w/ Ranch Dressing  Fresh Banana	23 Turkey Ham & Cheese Sandwich w/ Mustard <b>or</b> Cheese Pizza (V)  Baby Carrots w/ Ranch Dressing  Fresh Apple
26 Adobo Chicken w/ Brown Rice & Corn <b>or</b> Veggie Burger w/ Mayo & Roasted Potatoes (V)  Fresh Apple	27 Turkey Hot Dog w/ Ketchup & Baked Beans <b>or</b> Spanish Rice w/ Beans & Cheese (V)  Fresh Orange	28 Hero (Turkey, Turkey Ham & Cheese) Sandwich <b>or</b> Sunbutter & Jelly Sandwich w/ String Cheese (V)  Side Salad w/ Ranch Dressing  Fresh Apple	29 Chicken Dumplings w/ Vegetable Medley <b>or</b> NEW! Stir "Fried" Rice w/ Egg & Vegetables (V)  Fresh Banana	30 Chicken Salad Ciabatta Sandwich <b>or</b> Cheese Pizza (V)  Baby Carrots w/ Ranch Dressing  Fresh Apple

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#### Milk Choices

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# Lunch K-8

## Cold Fridays

JANUARY 2026

MON	TUE	WED	THU	FRI
			1	2
5 General Tso's Chicken w/ Brown Rice & Broccoli <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)  Fresh Apple	6 Beef Cheeseburger w/ Ketchup <b>or</b> Bean & Cheese Burrito (V)  Street Corn  Fresh Pear	7 Chicken Nuggets w/ Ketchup & Baked Beans <b>or</b> Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomatoes (V)  Fresh Apple	8 Southwest Salad w/ Chicken & Ranch Dressing Corn Muffin <b>or</b> Pasta in Tomato Sauce w/ Mozzarella Cheese & Broccoli (V)  Fresh Banana	9 Chicken Breast Sandwich w/ Mayo <b>or</b> Cheese Sandwich (V)  Baby Carrots w/ Ranch Dressing  Fresh Apple
12 BBQ Chicken w/ Brown Rice & Baked Beans <b>or</b> Spanish Rice w/ Beans & Cheese (V)  Fresh Apple	13 Salisbury Steak w/ Gravy & Mashed Potatoes <b>or</b> Vegetarian Chili w/ Corn & Whole-Grain Bread  Fresh Orange	14 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing <b>or</b> Home-Style Macaroni & Cheese w/ Broccoli (V)  Fresh Apple	15 Turkey Hot dog w/ ketchup <b>or</b> Egg & Cheese Sandwich w/ Ketchup (V)  Roasted Sweet Potatoes  Fresh Banana	16 Turkey & Cheese Sandwich w/ Mayo <b>or</b> Sunbutter & Jelly Sandwich w/ String Cheese (V)  Celery Sticks w/ Ranch Dressing  Fresh Apple
19	20 Chicken Tenders w/ Ketchup & Roasted Potatoes <b>or</b> Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V)  Applesauce	21 Turkey Chili w/ Brown Rice & Steamed Carrots <b>or</b> Cheese Lasagna w/ Tomato Sauce & Green Beans  Fresh Apple	22 Breaded Chicken Sandwich w/ Hot Sauce <b>or</b> Cheese Quesadilla w/ Taco Sauce (V)  Side Salad w/ Ranch Dressing  Fresh Banana	23 Turkey Ham & Cheese Sandwich w/ Mustard <b>or</b> Cheese Sandwich (V)  Baby Carrots w/ Ranch Dressing  Fresh Apple
26 Adobo Chicken w/ Brown Rice & Corn <b>or</b> Veggie Burger w/ Mayo & Roasted Potatoes (V)  Fresh Apple	27 Turkey Hot Dog w/ Ketchup & Baked Beans <b>or</b> Spanish Rice w/ Beans & Cheese (V)  Fresh Orange	28 BBQ Meatballs w/ Broccoli Whole-Grain Club Roll <b>or</b> Cobb Salad w/ Ranch Dressing & Corn Muffin  Fresh Apple	29 Chicken Dumplings w/ Vegetable Medley <b>or</b> NEW! Stir "Fried" Rice w/ Egg & Vegetables (V)  Fresh Banana	30 Chicken Salad Ciabatta Sandwich <b>or</b> Sunbutter & Jelly Sandwich w/ String Cheese (V)  Baby Carrots w/ Ranch Dressing  Fresh Apple

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1% Milk and Skim Milk

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# Lunch 9-12

JANUARY 2026

MON	TUE	WED	THU	FRI
			1	2
<p>5</p> <p>General Tso's Chicken w/ Brown Rice &amp; Broccoli <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce &amp; 100% Vegetable Juice (V)</p> <p><b>Fresh Apple &amp; Raisins</b></p>	<p>6</p> <p>Beef Cheeseburger w/ Ketchup <b>or</b> Bean &amp; Cheese Burrito (V) Street Corn</p> <p>Fresh Pear &amp; Diced Peaches</p>	<p>7</p> <p>Chicken Nuggets w/ Ketchup &amp; Baked Beans <b>or</b> Falafel Bites w/ Quinoa Pilaf, Black Beans &amp; Tomatoes (V)</p> <p><b>Fresh Apple &amp; Mixed Fruit Cup</b></p>	<p>8</p> <p>Southwest Salad w/ Chicken &amp; Ranch Dressing Corn Muffin <b>or</b> Pasta in Tomato Sauce w/ Mozzarella Cheese &amp; Broccoli (V)</p> <p>Fresh Banana &amp; Diced Pears</p>	<p>9</p> <p>Chicken Breast Sandwich w/ Mayo <b>or</b> Cheese Pizza (V)</p> <p>Baby Carrots w/ Ranch Dressing</p> <p><b>Fresh Apple &amp; Diced Pineapple</b></p>
<p>12</p> <p>BBQ Chicken w/ Brown Rice &amp; Baked Beans <b>or</b> Spanish Rice w/ Beans &amp; Cheese (V)</p> <p><b>Fresh Apple &amp; Diced Peaches</b></p>	<p>13</p> <p>Salisbury Steak w/ Gravy &amp; Mashed Potatoes <b>or</b> Vegetarian Chili w/ Corn (V) Whole-Grain Bread</p> <p>Fresh Orange &amp; Diced Pineapple</p>	<p>14</p> <p>Chicken Caesar Salad w/ Pita Bread &amp; Ranch Dressing <b>or</b> Home-Style Macaroni &amp; Cheese w/ Broccoli (V)</p> <p><b>Fresh Apple &amp; Fresh Banana</b></p>	<p>15</p> <p>Turkey Hot dog w/ ketchup <b>or</b> Egg &amp; Cheese Sandwich w/ Ketchup (V)</p> <p>Roasted Sweet Potatoes</p> <p>Fresh Banana &amp; Mixed Fruit Cup</p>	<p>16</p> <p>Turkey &amp; Cheese Sandwich w/ Mayo <b>or</b> Cheese Pizza (V)</p> <p>Celery Sticks w/ Ranch Dressing</p> <p><b>Fresh Apple &amp; Raisins</b></p>
<p>19</p>	<p>20</p> <p>Chicken Tenders w/ Ketchup &amp; Roasted Potatoes <b>or</b> Protein Pasta Alfredo w/ Whole Wheat Bread Slice &amp; Peas (V)</p> <p>Applesauce &amp; Raisins</p>	<p>21</p> <p>Turkey Chili w/ Brown Rice &amp; Steamed Carrots <b>or</b> Home-Style Macaroni &amp; Cheese w/ Broccoli (V)</p> <p><b>Fresh Apple &amp; Diced Peaches</b></p>	<p>22</p> <p>Breaded Chicken Sandwich w/ Hot Sauce <b>or</b> Cheese Quesadilla w/ Taco Sauce (V)</p> <p>Side Salad w/ Ranch Dressing</p> <p>Fresh Banana &amp; Fresh Pear</p>	<p>23</p> <p>Turkey Ham &amp; Cheese Sandwich w/ Mustard <b>or</b> Cheese Pizza (V)</p> <p>Baby Carrots w/ Ranch Dressing</p> <p><b>Fresh Apple &amp; Diced Peaches</b></p>
<p>26</p> <p>Adobo Chicken w/ Brown Rice &amp; Corn <b>or</b> Veggie Burger w/ Mayo &amp; Roasted Potatoes (V)</p> <p><b>Fresh Apple &amp; Diced Pineapple</b></p>	<p>27</p> <p>Turkey Hot Dog w/ Ketchup &amp; Baked Beans <b>or</b> Spanish Rice w/ Beans &amp; Cheese (V)</p> <p>Fresh Orange &amp; Diced Peaches</p>	<p>28</p> <p>BBQ Meatballs w/ Broccoli Whole-Grain Club Roll <b>or</b> Cobb Salad w/ Ranch Dressing &amp; Corn Muffin</p> <p><b>Fresh Apple &amp; Fresh Banana</b></p>	<p>29</p> <p>Chicken Dumplings w/ Vegetable Medley <b>or</b> <b>NEW!</b> Stir "Fried" Rice w/ Egg &amp; Vegetables (V)</p> <p>Fresh Banana &amp; Mixed Fruit Cup</p>	<p>30</p> <p>Chicken Salad Ciabatta Sandwich <b>or</b> Cheese Pizza (V)</p> <p>Baby Carrots w/ Ranch Dressing</p> <p><b>Fresh Apple &amp; Raisins</b></p>

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# Lunch 9-12

## Cold Fridays

JANUARY 2026

MON	TUE	WED	THU	FRI
			1	2
<p>5</p> <p>General Tso's Chicken w/ Brown Rice &amp; Broccoli <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce &amp; 100% Vegetable Juice (V)</p> <p><b>Fresh Apple</b> &amp; Raisins</p>	<p>6</p> <p>Beef Cheeseburger w/ Ketchup <b>or</b> Bean &amp; Cheese Burrito (V) Street Corn</p> <p>Fresh Pear &amp; Diced Peaches</p>	<p>7</p> <p>Chicken Nuggets w/ Ketchup &amp; Baked Beans <b>or</b> Falafel Bites w/ Quinoa Pilaf, Black Beans &amp; Tomatoes (V)</p> <p><b>Fresh Apple</b> &amp; Mixed Fruit Cup</p>	<p>8</p> <p>Southwest Salad w/ Chicken &amp; Ranch Dressing Corn Muffin <b>or</b> Pasta in Tomato Sauce w/ Mozzarella Cheese &amp; Broccoli (V)</p> <p>Fresh Banana &amp; Diced Pears</p>	<p>9</p> <p>Chicken Breast Sandwich w/ Mayo <b>or</b> Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing</p> <p><b>Fresh Apple</b> &amp; Diced Pineapple</p>
<p>12</p> <p>BBQ Chicken w/ Brown Rice &amp; Baked Beans <b>or</b> Spanish Rice w/ Beans &amp; Cheese (V)</p> <p><b>Fresh Apple</b> &amp; Diced Peaches</p>	<p>13</p> <p>Salisbury Steak w/ Gravy &amp; Mashed Potatoes <b>or</b> Vegetarian Chili w/ Corn (V) Whole-Grain Bread</p> <p>Fresh Orange &amp; Diced Pineapple</p>	<p>14</p> <p>Chicken Caesar Salad w/ Pita Bread &amp; Ranch Dressing <b>or</b> Home-Style Macaroni &amp; Cheese w/ Broccoli (V)</p> <p><b>Fresh Apple</b> &amp; Fresh Banana</p>	<p>15</p> <p>Turkey Hot dog w/ ketchup <b>or</b> Egg &amp; Cheese Sandwich w/ Ketchup (V) Roasted Sweet Potatoes</p> <p>Fresh Banana &amp; Mixed Fruit Cup</p>	<p>16</p> <p>Turkey &amp; Cheese Sandwich w/ Mayo <b>or</b> Cheese Sandwich (V) Celery Sticks w/ Ranch Dressing</p> <p><b>Fresh Apple</b> &amp; Raisins</p>
<p>19</p>	<p>20</p> <p>Chicken Tenders w/ Ketchup &amp; Roasted Potatoes <b>or</b> Protein Pasta Alfredo w/ Whole Wheat Bread Slice &amp; Peas (V)</p> <p>Applesauce &amp; Raisins</p>	<p>21</p> <p>Turkey Chili w/ Brown Rice &amp; Steamed Carrots <b>or</b> Home-Style Macaroni &amp; Cheese w/ Broccoli (V)</p> <p><b>Fresh Apple</b> &amp; Diced Peaches</p>	<p>22</p> <p>Breaded Chicken Sandwich w/ Hot Sauce <b>or</b> Cheese Quesadilla w/ Taco Sauce (V) Side Salad w/ Ranch Dressing</p> <p>Fresh Banana &amp; Fresh Pear</p>	<p>23</p> <p>Turkey Ham &amp; Cheese Sandwich w/ Mustard <b>or</b> Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing</p> <p><b>Fresh Apple</b> &amp; Diced Peaches</p>
<p>26</p> <p>Adobo Chicken w/ Brown Rice &amp; Corn <b>or</b> Veggie Burger w/ Mayo &amp; Roasted Potatoes (V)</p> <p><b>Fresh Apple</b> &amp; Diced Pineapple</p>	<p>27</p> <p>Turkey Hot Dog w/ Ketchup &amp; Baked Beans <b>or</b> Spanish Rice w/ Beans &amp; Cheese (V)</p> <p>Fresh Orange &amp; Diced Peaches</p>	<p>28</p> <p>BBQ Meatballs w/ Broccoli Whole-Grain Club Roll <b>or</b> Cobb Salad w/ Ranch Dressing &amp; Corn Muffin</p> <p><b>Fresh Apple</b> &amp; Fresh Banana</p>	<p>29</p> <p>Chicken Dumplings w/ Vegetable Medley <b>or</b> <b>NEW!</b> Stir "Fried" Rice w/ Egg &amp; Vegetables (V)</p> <p>Fresh Banana &amp; Mixed Fruit Cup</p>	<p>30</p> <p>Chicken Salad Ciabatta Sandwich <b>or</b> Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing</p> <p><b>Fresh Apple</b> &amp; Raisins</p>

### DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low-fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

#### Milk Choices

1% Milk and Skim Milk

#### Please Note

**Locally Grown Component Planned Daily.**

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V".



This institution is an equal opportunity provider.

# Snack Pre-K

JANUARY 2026

MON	TUE	WED	THU	FRI
			1	2
5 Whole-Grain Pretzels w/ Sunbutter	6 Honey Graham Crackers w/ Orange Tangerine Juice	7 Blueberry Muffin w/ String Cheese	8 Whole-Grain Cheez-its w/ Grape Juice	9 Tostitos Scoops w/ Fruit Punch Juice
12 Vanilla Yogurt w/ Honey Graham Crackers	13 Tostitos Scoops w/ Very Berry Juice	14 Whole-Grain Cheez-its w/ Fresh Large Apple	15 Mozzarella String Cheese w/ Fruit Punch Juice	16 Whole-Grain Pretzels w/ Sunbutter
19	20 Whole-Grain Cheez-its w/ Fruit Punch Juice	21 Vanilla Yogurt w/ Honey Graham Crackers	22 Whole-Grain Pretzels w/ Orange Tangerine Juice	23 Mozzarella String Cheese w/ Fresh Large Apple
26 Whole-Grain Pretzels w/ Sunbutter	27 Banana Muffin w/ Grape Juice	28 Whole-Grain Sunchips w/ Fresh Large Apple	29 Mozzarella String Cheese w/ Very Berry Juice	30 Strawberry Banana Yogurt w/ Honey Graham Crackers

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# Snack K-12

JANUARY 2026

MON	TUE	WED	THU	FRI
			1	2
5 Whole-Grain Pretzels w/ Orange Tangerine Juice	6 Honey Graham Crackers w/ Grape Juice	7 Vanilla Yogurt w/ Fresh Large Apple	8 Whole-Grain Cheez- its w/ Fruit Punch	9 Whole-Grain Tostitos w/ Orange Tangerine Juice
12 Mozzarella String Cheese w/ Fruit Punch Juice	13 Whole-Grain Sunchips w/ Baby Carrots & Ranch Dressing	14 Honey Graham Crackers w/ Orange Tangerine Juice	15 Honey Roasted Sunflower Seeds w/ Fruit Punch Juice	16 Vanilla Yogurt & Apple Juice
19	20 Whole-Grain Cheez-its w/ Orange Tangerine Juice	21 Cool Ranch Doritos w/ Apple Juice	22 Strawberry Banana Yogurt w/ Cinnamon Graham Crackers	23 Corn Muffin w/ Mozzarella Sting Cheese
26 Vanilla Yogurt w/ Fruit Punch Juice	27 Mozzarella String Cheese w/ Grape Juice	28 Banana Muffin w/ Orange Tangerine Juice	29 Baked Cheetos w/ Fresh Large Apple	30 Cinnamon Graham Crackers w/ Fruit Punch Juice

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# Supper Grab & Go

JANUARY 2026

MON	TUE	WED	THU	FRI
			1	2
5 Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V) Baby Carrots Diced Peaches	6 Chicken Breast Sandwich w/ Baby Carrots & Pineapple Cup <b>or</b> Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)	7 Build Your Own Pizza Kit (V) Fresh Orange	8 Chicken Salad Flatbread Salad w/ Ranch Dressing Fresh Pear <b>or</b> Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Side Salad w/ Ranch Dressing Pineapple Cup	9 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice <b>or</b> Strawberry Yogurt w/ Honey Graham Crackers & Mozzarella Cheese Stick (V) Baby Carrots Applesauce
12 Strawberry Yogurt w/ Honey Graham Crackers (V) Mozzarella Cheese Stick Baby Carrots Applesauce	13 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) <b>or</b> Build Your Own Pizza Kit (V) Fresh Orange	14 Turkey Bologna & Cheese Sandwich w/ Baby Carrots Fresh Apple <b>or</b> Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches	15 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Garden Side Salad w/ Ranch Dressing Pineapple Cup	16 Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange <b>or</b> Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)
19 Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V) Baby Carrots Diced Peaches	20 Italian Caprese Sandwich w/ Potato Salad <b>or</b> Cheese Sandwich w/ 100% Vegetable Juice (V) Pineapple Cup	21 Build Your Own Pizza Kit (V) Fresh Orange	22 Chicken Salad Flatbread Salad w/ Ranch Dressing Fresh Pear <b>or</b> Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Side Salad w/ Ranch Dressing Pineapple Cup	23 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice <b>or</b> Strawberry Yogurt w/ Honey Graham Crackers & Mozzarella Cheese Stick (V) Baby Carrots Applesauce
26 Strawberry Yogurt w/ Honey Graham Crackers (V) Mozzarella Cheese Stick Baby Carrots Applesauce	27 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) <b>or</b> Build Your Own Pizza Kit (V) Fresh Orange	28 Buffalo Chicken Flatbread Sandwich w/ Celery & Fresh Apple <b>or</b> Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V)	29 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Garden Side Salad w/ Ranch Dressing Pineapple Cup	30 Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange <b>or</b> Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)

## DID YOU KNOW...

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### Supper Milk Choices

1% Milk and Skim (White or Chocolate) Milk

### Please Note

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# Supper Full Fresh

JANUARY 2026

MON	TUE	WED	THU	FRI
			1	2 Spanish Rice & Beans (V)  Plantain  Fresh Apple
5 <b>NEW!</b> Honey Mustard Chicken  Green Beans  Fresh Apple	6 Salisbury Steak w/ Gravy  Roasted Potatoes  Fresh Pear	7 Breaded Chicken Tenders w/ Ketchup  Corn  Fresh Apple	8 Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V)  Italian Vegetables  Fresh Banana	9 Cheese Pizza (V) Garden Salad w/ Ranch Dressing  Fresh Apple
12 BBQ Chicken Sweet Mashed Potatoes  Fresh Apple	13 Chicken Meatballs w/ Tomato Sauce & Mozzarella Cheese  Sub Roll  Fresh Pear	14 Adobo Chicken w/ Cilantro Brown Rice  Corn  Fresh Apple	15 Beef Burger w/ Ketchup  Green Beans  Fresh Banana	16 Home-Style Macaroni & Cheese (V)  Broccoli  Fresh Apple
19 Penne Pasta w/ Tomato Meat sauce (V)  Italian Vegetables  Fresh Apple	20 Breaded Chicken Tenders w/ Ketchup  Corn  Fresh Pear	21 General Tso's Chicken w/ Rice  Broccoli  Fresh Apple	22 Chicken Parmesan  Green Beans  Fresh Banana	23 Cheese Pizza (V)  Garden Salad w/ Ranch Dressing  Fresh Apple
26 Breaded Chicken Bites w/ Ketchup  Roasted Potatoes  Fresh Pear	27 Cheese Ravioli w/ Tomato Sauce (V)  Italian Vegetables  Fresh Pear	28 Meatloaf w/ Gravy Mashed Potatoes  Fresh Apple	29 Chicken Alfredo  Broccoli  Fresh Banana	30 Spanish Rice & Beans (V)  Plantain  Fresh Apple

## DID YOU KNOW...

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### Supper Milk Choices

1% Milk and Skim (White or Chocolate) Milk

### Please Note

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