




January 2026 Breakfast




Mon	Tue	Wed	Thu
			
5 Honey Bunches of Oats (3/4 cup) Pineapple (1/2 cup) Skim Milk (3/4 cup)	6 Oatmeal (1/3 cup) Mixed Fruit (1/2 cup) Skim Milk (3/4 cup)	7 French Toast (35 gm.) Peaches (1/2 cup) Skim Milk (3/4 cup)	1 <i>NO SCHOOL</i>
12 Cornflakes (3/4 cup) Pears (1/2 cup) Skim Milk (3/4 cup)	13 Waffles (17 gm.) Apple Juice (1/2 cup) Skim Milk (3/4 cup)	14 Cheese Quesadillas (.5 oz.) Tropical Fruit (1/2 cup) Skim Milk (3/4 cup)	8 Frosted Mini Wheats (3/4 cup) Mandarin Oranges (1/2 cup) Skim Milk (3/4 cup)
19 Rice Crispie Cereal (3/4 cup) Peaches (1/2 cup) Skim Milk (3/4 cup)	20 Pancakes (17 gm.) Strawberries (1/2 cup) Skim Milk (3/4 cup)	21 Cheese Rounds (.5 oz.) Apple Juice (1/2 cup) Skim Milk (3/4 cup)	15 Cheerios Cereal (3/4 cup) Peaches (1/2 cup) Skim Milk (3/4 cup)
26 Kix Cereal (3/4 cup) Peaches (1/2 cup) Skim Milk (3/4 cup)	27 Oatmeal (1/3 cup) Oranges (1/2 each) Skim Milk (3/4 cup)	28 Honey Bunches of Oats (3/4 cup) Applesauce (1/2 cup) Skim Milk (3/4 cup)	22 Corn Chex Cereal (3/4 cup) Tropical Fruit (1/2 cup) Skim Milk (3/4 cup)
			29 <i>NO SCHOOL</i>



January 2026 Lunch




Mon	Tue	Wed	Thu
			
5 Chicken Nuggets (1.5 oz.) French Fries (1/4 cup) Pears (1/4 cup) Skim Milk (3/4 cup)	6 Cheese Ravioli (1.5 oz.) Peas (1/4 cup) Applesauce (1/4 cup) Skim Milk (3/4 cup)	7 Chicken & Noodles (1.5 oz.) Carrots (1/4 cup) Tropical Fruit (1/4 cup) Skim Milk (3/4 cup)	1 <i>NO SCHOOL</i>
12 Spaghetti/Meat Sauce (1.5 oz.) Green Beans (1/4 cup) Pineapple (1/4 cup) Skim Milk (3/4 cup)	13 Meatloaf (1.5 oz.) Spinach Salad (1/4 cup) Mandarin Oranges (1/4 cup) Skim Milk (3/4 cup)	14 Breaded Fish Sticks (1.5 oz.) Tater Tots (1/4 cup) Applesauce (1/4 cup) Skim Milk (3/4 cup)	8 Nachos/Meat/Cheese (1.5 oz.) Mixed Vegetables (1/4 cup) Applesauce (1/4 cup) Skim Milk (3/4 cup)
19 Chili Soup (1.5 oz.) Pineapple (1/4 cup) Saltine Crackers (11 gm.) Skim Milk (3/4 cup)	20 Breaded Cheese Mozzarella(1.5 oz.) Spinach Salad (1/4 cup) Pears (1/4 cup) Skim Milk (3/4 cup)	21 Turkey Sandwich (1.5 oz.) Carrots (1/4 cup) Oranges (1/2 each) Skim Milk (3/4 cup)	15 Turkey (1.5 oz.) Mashed Potatoes (1/4 cup) Oranges (1/2 each) Bread (1/2) Skim Milk (3/4 cup)
26 Breaded Chicken Patties (1.5 oz.) Mashed Potatoes (1/4 cup) Pineapple (1/4 cup) Skim Milk (3/4 cup)	27 Lasagna Casserole (1.5 oz.) Peas (1/4 cup) Pears (1/4 cup) Skim Milk (3/4 cup)	28 Eggs (1/5 oz.) Carrots (1/4 cup) Mixed Fruit (1/4 cup) Bread (1/2) Skim Milk (3/4 cup)	22 Hamburgers/Buns (1.5 oz.) French Fries (1/4 cup) Mixed Fruit (1/4 cup) Skim Milk (3/4 cup)
			29 <i>NO SCHOOL</i>



January 2026 Snack



Mon	Tue	Wed	Thu
			
5 Cheese Sandwich (1/2 each) Water	6 Cottage Cheese (1/4 cup) Peaches (1/2 cup) Skim Milk (3/4 cup)	7 Bug Bite Graham Crackers (14 gm.) Skim Milk (1/2 cup)	1 <i>NO SCHOOL</i>
12 Goldfish Crackers (10 gm.) Skim Milk (1/2 cup)	13 String Cheese (1/2 oz.) Club Crackers (11 gm.) Water	14 Strawberries (1/2 cup) Hard Pretzels (11 gm.) Water	8 Orange Slices (1/2 cup) Skim Milk (1/2 cup)
19 Broccoli Florets (1/2 cup) Ranch Dressing Skim Milk (1/2 cup)	20 Cheese-It Crackers (11 gm.) Skim Milk (1/2 cup)	21 Strawberry Yogurt (4 oz.) Banana (1/2 each) Skim Milk (3/4 cup)	15 Tortilla Chips (14 gm.) Salsa Apple Juice (1/2 cup)
26 Turkey Sandwich (1/2 oz.) Water	27 Mixed Fruit Cup (1/2 cup) Saltine Crackers (11 gm.) Water	28 Breadstick with Mozzarella (1 each) Marinara Sauce Water	22 Simply Chex (14 gm.) Skim Milk (1/2 cup)
			29 <i>NO SCHOOL</i>