

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



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Lunch Pre-K

JANUARY 2026

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

DID YOU KNOW...

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Milk Choices

1% Milk and Skim Milk

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Lunch Pre-K

Cold Wednesdays

JANUARY 2026

MON	TUE	WED	THU	FRI
			1	2
5 NEW! Honey Mustard Chicken w/ Green Beans Whole-Wheat Bread Slice or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple	6 Salisbury Steak w/ Gravy & Roasted Potatoes Whole-Wheat Bread Slice or Vegetarian Chili w/ Brown Rice & Green Beans (V) Fresh Pear	7 Chicken Salad Flatbread Sandwich or 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 or Penne Pasta w/ Chickpeas in Tomato Sauce (V) Fresh Apple	13 Chicken Meatballs w/ Tomato Sauce, Mozzarella Cheese & Sub Roll or Spanish Rice & Beans w/ Plantain (V) Fresh Pear	14 Turkey Bologna & Cheese Sandwich or Sunbutter & Sandwich w/ String Cheese (V) Sliced Salad w/ Ranch Dressing Fresh Apple	15 Beef Burger w/ Ketchup & Green Beans or 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 or Vegetarian Chili w/ Brown Rice & Green Beans (V) Fresh Pear	21 Turkey & Cheese Sandwich or American Cheese Sandwich (V) Cole Slaw Fresh Apple	22 Chicken Parmesan w/ Green Beans or 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 or 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 or Sunbutter & Jelly Sandwich w/ String Cheese (V) Side Salad w/ Ranch Dressing Fresh Apple	29 Chicken Alfredo Pasta or Home-Style Macaroni & Cheese (V) Broccoli Fresh Banana	30 Spanish Rice & Beans (V) Plantain Fresh Apple

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Milk Choices

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

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

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Lunch 9-12

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

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Lunch 9-12

Cold Fridays

JANUARY 2026

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

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