



January 2026 Menu

Vegetarian and vegan options are available for all meals • All meals come with fresh seasonal fruit or berries • Menu is subject to change depending upon vendor availability

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
30		31		1		2			
								French Toast, maple syrup	
								Corn Flakes Cereal, sliced banana	
								Cheese Tortellini Pasta with marinara, parmesan cheese & seasonal veggies	
								Healthy chocolate chip cookie dip, apple slices	
5		6		7		8		9	
Sunbutter & Apple dipper wedges		Pumpkin loaf with pepitas		Strawberry-Banana Smoothie		Cheesy Zucchini Muffin		Spinach & Mozzarella Egg Bites	
Brown Sugar Maple Oatmeal, dried fruits		Smoked Cheddar Cheesy Egg Bites		Buttermilk Biscuit, maple butter schmear		Vanilla Yogurt Parfait, granola & blueberries		Mini Apple Streudel bite, turkey sausage link	
Turkey Sloppy Joe Sliders, Tater Tots & seasonal veggies		Chicken & Potato Gnocchi Soup, Garlic Knot Roll		Turkey Tetrazzini with celery, peas & mushrooms, cheesy breadcrumb crust		Veggie Lasagna with Spinach, Carrots & zucchini, marinara & mozzarella		Roasted Chicken-Apple Sausage, cabbage, carrots & fall veg bake	
Brazilian Cheese bread, guava paste		Cranberry-Orange Whole Grain Muffin, cheddar cubes		Roasted Patatas Bravas, Romesco Sauce		Cranberry-Apple Turkey Salad, ritz crackers		Caramel Rice Cakes, cheddar cheese cubes & turkey pepperoni	
Curry Chicken Day		12 Rubber Ducky Day		13		14 National Bagel Day		15	
Buttermilk Biscuit, maple butter		Cinnamon-Agave Applesauce, Chic Sausage		Cinnamon Raisin Toast, turkey bacon		Cheesy Scrambled Eggs , buttered sourdough toast		Mixed Berry Smoothie	
Roasted tomato & mozzarella egg bites		French Toast, maple syrup		Apple Cider-Cinnamon Yogurt Chia Pudding, maple syrup & dried fruits		Mini Bagel, strawberry cream cheese		Potato, Pinto Bean & Cheese Burrito	
Thai Basil-Curry Chicken, coconut rice & garlic green beans		Lentil-Butternut Squash Stew, naan bread		Spaghetti with Marinara Sauce, turkey meatballs, parmesan cheese		Lemon Dill Salmon, Veggie quinoa w/edamame, spinach & carrots		Lime-Cilantro Chicken, yellow rice, pico de gaio & calabacitas	
SW Black Bean Dip, Corn Tortilla Chips		Rubber Duckie Jello Dessert, whipped cream		Creamy Pickle Dip, crackers		Turkey Pepperoni naan bread pizza with mozzarella cheese		Buttery Cornflake Cookie	
Winnie the Pooh Day		19		20		21 National Blondie Day		22	
Apple Cinnamon Oatmeal		Potato, Pinto Bean & Cheese Burrito		Tropical Fruit Yogurt Parfait, toasted coconut		Apple Cinnamon Mini Muffin		Egg & Corn Tortilla Migas, pico de gallo	
Sunbutter & Honey Toast, chia seeds		Chex Cereal, dried blueberries		Cheesy Zucchini Whole Grain Muffin		Spinach & Mozzarella Cheese Egg Bites		Cinnamon Roll, cream cheese icing	
Honey Mustard Chicken, squash, beets, potatoes & root veggies		Old Bay Roasted Shrimp, creamy corn grits & tomato-onion gravy		Potato & Corn Chowder, buttered sweet dinner roll		Chicken Paprikash, Buttered Egg noodles		Creamy Mushroom Chicken, Wild Rice pilaf & broccoli	
Whipped Cream Cheese & Honey dip, fresh fruit & nilla wafers		Apple Cider Cake with apple cider glaze		Mini Charcuterie, turkey pepperoni, cheese, crackers & pickled veg		Cardamom & Brown Butter Blondies		Spinach & Artichoke Dip, crackers	
26		27		28 National Corn Chip Day		29 National Croissant Day		30	
Tomato & Cheddar Egg Bites		Coconut-Agave Chia Pudding Cup, fresh berries		Mini Cinnamon Roll, cream cheese icing		Sunbutter & banana sourdough toast, agave drizzle & chia seeds		Strawberry-Banana Smoothie	
Corn Flakes, Sliced Fresh Banana		Avocado Toast on Sourdough, everything bagel seasoning		Cheesy Grits		Apple Pie Yogurt Overnight Oats Cup, dried blueberries & cocoa nibs		Mini Butter Croissant	
Apple Cider & Onion Braised Chicken, Sweet Potato & Asparagus		Coconut-Red Curry Tofu with broccoli, bok choy & rice noodles		BBQ Turkey Meatloaf, Yukon Mashed Potatoes & buttered corn		Loaded Baked Potato Soup, turkey bacon, cheddar, chive sour cream		Battered Cod, french fries, mushy peas & tartar sauce	
La Mere "trail mix", chocolate coated pretzels, seeds & dried fruits		Tempura Chicken Nuggets, Chic-fil-a Sauce		Spanakopita bite, fresh pitted dates		Corn Tortilla Chips, Guacamole		Cranberry-White Chocolate Cupcakes, Buttercream Frosting, cheddar cubes	