

SERVING SIZES

Grains – 2 ounces
 Vegetables – $\frac{1}{2}$ cup
 Fruits – $\frac{1}{2}$ cup
 Protein – 3 ounces
 Dairy – 1 cup

January 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Bread & Milk Served Daily	Rolls are served with all meals WW=Whole Wheat		1 Closed for New Year's Day	2 Mediterranean lentil soup Sloppy joe Cole slaw Roasted potato Tropical Fruit
5 Escarole & bean soup Chicken marsala Lemon rice Roasted vegetable Sliced Apples	6 Minestrone soup Stuffed shell w/meat sauce Green beans Sliced pears	7 Chicken soup Creamy Dijon chicken Mixed vegetables Spanish rice Sliced peaches	8 Tomato soup Stuffed meatloaf w/gravy Cream corn Mashed potatoes Sliced melon	9 Broccoli & cheese soup Chicken cacciatore Rice pilaf Peas & carrots Sliced apples
12 Chicken barley soup Baked pasta w/meatballs & sausage Roasted vegetables Tropical fruit	13 Irish vegetable soup Meatball sandwich Broccoli florets Sweet potato salad Sliced peaches	14 Meatball soup Oven roasted chicken Roasted potatoes Green beans Sliced pears	15 Mushroom barley soup Honey glazed pork roast Mashed sweet potatoes Roasted carrots Sliced melon	16 Navy bean soup Chicken parm Roasted zucchini mix Rice pilaf Peaches
19 Chicken Salad Cole slaw Three Bean Salad Tropical Fruit	20 Vegetable barley soup Lemon pepper chicken Mexican rice Capri vegetables Sliced pears	21 Chicken soup Swedish meatballs Mashed potatoes Broccoli florets Sliced melon	22 Kale & chickpea soup Pot roast w/ gravy Roasted potatoes Balsamic glazed carrots Sliced Peaches	23 Tomato soup Pub burger w/ cheese Cole slaw Chips Tropical Fruit
26 Vegetable soup Chicken a la king w/ Mixed vegetables Steamed rice Peaches	27 Chicken noodle soup Ground beef stir fry w/ Vegetables Vegetable fried rice Sliced fruit	28 Minestrone soup Pork chop Italiano Roasted potatoes Zucchini mix Mixed fruit	29 Carrot soup Open turkey sandwich Butternut squash Stuffing Tropical Fruit	30 Pasta & bean soup Sausage & pepper sandwich Roasted potatoes Cole slaw Watermelon