

SERVING SIZES

Grains – 2 ounces

Vegetables – ½ cup

Fruits – ½ 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 noddle 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