

Meatless Monday		Tuesday	Wednesday	Thursday	Finger Food Friday
January 2026 Menu			CDC Closed for Winter Break		
5	6	7	8	9	
The CDC will be Closed for Safety Training	The CDC will be Closed for Professional Development	B: WGR Cereal and Diced Mangos L: WG: Sweet and Sour Popcorn Chicken Green Beans Sliced Peaches S: WGR Wheat Thins and Mozzarella Cheese Sticks	B: WGR Cinnamon Raisin Bread Fresh Blueberries L: Beef Meat Sauce with WW Pasta Steamed Corn Sliced Strawberries S: WGR Corn Chips and Salsa	B: WG French Toast Sticks and Bananas L: WGR Fish Sticks Carrot Sticks Mixed Fruit S: Goldfish and Yogurt Cups	
12	13	14	15	16	
B: WGR Cereal and Pears L: WGR Cheese Pizza Steamed Peas and Carrots Diced Cantaloupe S: WGR Oatmeal Ball (Oats, Dried fruit and Sun Butter)	B: WG Croissant and Cinnamon Apples L: Chicken Fajita on WGR Tortilla Roasted Broccoli Sliced Oranges S: WG Pretzels with Sliced Turkey	B: WGR Cereal and Sliced Peaches L: Beef Stroganoff with Egg Noodles Steamed Zucchini Diced Pineapple S: WG Graham Crackers and Applesauce	B: WGR Bagels and Fresh Blackberries L: Baked Catfish with WG Brown Rice Steamed Asparagus Strawberries S: Goldfish Crackers and Milk	B: Biscuits and Bananas L: Ham and Cheese Sandwich on WW Bread Sliced Cucumbers Mixed Fruit S: WG Ritz Crackers and Cheese Cubes	
19	20	21	22	23	
CDC will be Closed in Honor of MLK	B: WGR Pancakes and Diced Pineapple L: WGR Turkey Spaghetti with Tomato Sauce Steamed Green Peas Diced Cantaloupe S: WG Corn Chips and (Vegetarian) Bean Dip	B: WGR Cereal and Sliced Peaches L: Carne Guisada on WGR Tortillas Cali Mixed Vegetables Fresh Sliced Oranges S: WG Granola and Yogurt Cup	B: WG Pork Cheesy Sausage Morning Roll and Fresh Blueberries L: Beef with Lo Mein Noodles Roasted Squash Diced Mangos S: WG Pita Chips with Guacamole	B: WW Butter Toast with Banana L: BBQ Chopped Beef on WGR Dinner Roll Sweet Potato Tots Fresh Strawberries S: WG Trail Mix (Pretzels and Dried Fruit)	
26	27	28	29	30	
B: WGR Cereal and Sliced Pears L: Baked Cheesy WGR Pasta Steamed Broccoli Mixed Fruit S: WG Cinnamon Raisin Bread and Sun Butter Sandwich	B: WGR Waffles and Sliced Peaches L: Ground Beef Tacos on WGR Tortillas Mixed Veggies Mandarin Oranges S: Animal Crackers and Yogurt	B: WGR Cereal and Diced Mangos L: Herb Roasted Chicken Legs WG Brown Rice Steamed Carrots Sliced Green Apples S: WGR Muffins and Milk	B: WGR Oatmeal and Warm Cinnamon Apples L: Baked Tilapia Cheddar Bay Biscuits Green Beans Diced Pineapple S: WGR Wheat Thins and Cheese Cubes	B: WGR Croissant with Bananas L: Sliced Turkey and Cheese on WW Bread Carrot Sticks Fresh Blueberries S: WG Pita Chips and Hummus	

WW=Whole Wheat, WG=Whole Grain, WGR=Whole Grain Rich Milk is served for breakfast and lunch. Water is offered during every meal. *This Institution is an Equal Opportunity Provider