

Lunch

January 2026

WGR – Whole Grain Rich

WW – Whole Wheat

MGR – Multi Grain



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup				1 New Year's Day School Closed	2 Chicken Tenders with BBQ Dipping Sauce Mashed Potatoes with Corn Sliced Apples Milk & Water V Mashed Potatoes with Mixed Veggies	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	5 Cheese Ravioli with Marinara Sauce Mixed Vegetables Fruit Cocktail Milk & Water	6 Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water V Veggie Fried Rice	7 (WW) Macaroni & Cheese Steamed Peas Pear Slices Milk & Water	8 Chicken Taquitos Mexican Rice With Corn Mixed Fruit Milk & Water V Cheese & Bean Burrito	9 Cheese Pizza Carrot Sticks With Ranch Banana Slices Milk & Water	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	12 (WW) spaghetti with Marinara Sauce Garlic Bread Green Beans Sliced Pears Milk & Water	13 Orange Chicken Fried Rice Broccoli Mandarin Oranges Milk & Water V Fried Rice with Mixed Veggies	14 Chicken Nuggets Mashed Potatoes (WW) Bun Peas Orange Slices Milk & Water V Mashed Potatoes/Veggies	15 Chicken Flautas Spanish Rice Steamed Green Beans Peach Slices Milk & Water V Cheese Quesadillas	16 Sloppy Joes (WW) Bun Carrot Sticks With Ranch Banana Slices Milk & Water V Cheese Sandwich	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	19 Martin Luther King Jr. Day School Closed	20 Teriyaki Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water V Cheesy Broccoli Rice	21 (WW) Grilled Cheese Sandwich Carrots with Ranch Dressing Banana Milk & Water	22 (WW) Cheese & Bean Burritos Mexican Rice Mixed Vegetable Pineapple Chunks Milk & Water	23 Chicken Tenders Mashed Potatoes (WW) Bun Steamed Peas Apple Slices Milk & Water V Mashed Potatoes & Peas	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	26 (WW) Fettuccine Alfredo with Chicken Mixed Vegetables Peach Slices Milk & Water V Fettuccine Alfredo	27 (WW) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water V Veggie Noodle Stir Fry	28 Chicken Burgers (WW) With Cheese Carrots Sticks Fruit Cocktail Milk & Water V Cheese Sandwich	29 (WG) Chicken & Cheese Quesadillas Spanish Rice Green Beans Banana Slices Milk & Water V Cheese Quesadillas	30 (WW) Turkey & Cheese Sandwich Carrots/ Ranch Dressing Pineapple Chunks Milk and Water V Cheese Sandwich	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup