

January 2026

Milk & Fruit Served Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 6				31 1 Frozen - New Year's Day	2 White Fish (Pescado) on Creamy Lemon Orzo Roasted Broccoli Steamed Carrots
Week 7	5 Frozen	6 Southwest Chicken (Pollo) Salad Wrap w/ Mixed Greens Cherry Tomatoes Pineapple Fruit Cup	7 Vegetarian Lasagna (Queso) Stewed Tomatoes Steamed Broccoli	8 Country-Fried Steak (Carne) Mashed Potatoes Chuckwagon Corn WW Roll	9 Stir-Fry Turkey (Pavo) w/ Brown Rice Steamed Bok Choy Miso Glazed Carrots
Week 8	12 Frozen	13 Cheeseburger (Carne) on WG Bun Roasted Sweet Potatoes Three Bean Salad	14 Teriyaki Tofu on Brown Rice Roasted Broccoli Mixed Vegetables	15 Greek Chicken (Pollo) Bowl w/Feta, Spinach and Dill, Stewed Lentils and Tomatoes	16 Mexican Spiced White Fish (Pescado) on Spanish Rice Refried Beans Calabasitas
Week 1	19 Frozen	20 Corned Beef w/ Cabbage and Carrots O'Brien Potatoes WW Roll	21 Smothered Turkey (Pavo) Mashed Potatoes Green Bean Almondine WG Dinner Roll	22 Honey Garlic Pork (Cerdo) on Brown Rice Bok Choy Cauliflower	23 Krab (Pescado) Salad on Mixed Greens With Cherry Tomatoes Marinated Cucumbers WW Crackers
Week 2	26 Frozen	27 Sweet & Sour Chicken (Pollo) Onion Carrots & Bell Pepper Steamed Broccoli Brown Rice	28 Sloppy Joe (Carne) Sweet Potato Fries Roasted Brussels Sprouts WG Bun	29 Pork (Cerdo) Carnitas Pinto Beans Chuckwagon Corn WW Tortillas	30 Bratwurst (Cerdo) w/ Sauerkraut Seasoned Green Beans German Potato Salad WW Hot Dog Bun