



January Menu

NO FRIED FOODS!!

Monday, January 5, 2026	Tuesday, January 6, 2026	Wednesday, January 7, 2026	Thursday, January 8, 2026	Friday, January 9, 2026
Pasta Alfredo - <u>V, EF</u> Pasta Sliced Carrots Honeydew <u>DF, Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: GF Pasta Alfredo</u>	Meatball Slider Dinner Roll Cauliflower Bananas <u>V, Vegan, DF, EF: Tofu Slider</u> <u>GF: Tofu Slider w/ GF Bread</u>	Cheesy Chicken Broccoli - <u>EF, GF</u> Whole Grain Brown Rice Broccoli Pineapple <u>V, Vegan, DF: Tofu Broccoli Casserole</u>	Turkey Meatloaf - <u>EF, GF</u> Mashed Potatoes Green Beans Cantaloupe <u>V, Vegan, DF - Veggie Patty</u> <u>Vegan, DF: Roasted Potatoes</u>	Chicken Parmesan Sub - <u>EF</u> Mini Hoagie Peas and Carrots Fruit Salad <u>V, Vegan, DF: Veggie Meatball Sub</u> <u>GF: Whole Grain Brown Rice</u>
Monday, January 12, 2026	Tuesday, January 13, 2026	Wednesday, January 14, 2026	Thursday, January 15, 2026	Friday, January 16, 2026
Three Bean Chili - <u>V, Vegan, DF, EF, GF</u> Buttered Pasta (Served Separately) Cantaloupe <u>Vegan, DF: Plain Pasta</u> <u>GF: GF Pasta</u>	Turkey Taco Tuesday! - <u>EF</u> Flour Tortillas Lettuce, Salsa Bananas <u>V, Vegan: Veggie & Bean Taco</u> <u>GF: Corn Tortilla</u>	Chicken Chickpea Gyros - <u>EF</u> Pita Bread Broccoli Honeydew <u>V, Vegan, DF: Chickpea and Veggie Gyros</u> <u>GF: Whole Grain Brown Rice</u>	BBQ Meatballs White Rice Green Beans Pineapple <u>V, Vegan, DF, EF, GF: BBQ Veggie Meatballs</u>	Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u>
Monday, January 19, 2026	Tuesday, January 20, 2026	Wednesday, January 21, 2026	Thursday, January 22, 2026	Friday, January 23, 2026
Mega Mac & Cheese - <u>V, EF</u> Pasta Sliced Carrots Honeydew <u>GF: GF Pasta w/ Cheese Sauce</u> <u>Vegan, DF: Cheesy Vegan Pasta</u>	Teriyaki Chicken - <u>DF, EF, GF</u> Vegetable Rice Pineapple <u>V, Vegan: Tofu Teriyaki</u>	Cheesy Chicken Philly - <u>EF</u> Mini Hoagie Butternut Squash Cantaloupe <u>V, Vegan, DF: White Bean Philly</u> <u>GF: White Rice</u>	Red Pepper Turkey - <u>EF, GF</u> Whole Grain Brown Rice Cucumber Dill Salad Bananas <u>V, Vegan, DF: Tofu w/ DF Sauce</u>	Pepperoni Pizza Pasta - <u>EF</u> Pasta Cauliflower Fruit Salad <u>V, Vegan, DF: Veggie Pizza Pasta</u> <u>GF: GF Veggie Pizza Pasta</u>
Monday, January 26, 2026	Tuesday, January 27, 2026	Wednesday, January 28, 2026	Thursday, January 29, 2026	Friday, January 30, 2026
Pasta Fagioli - <u>V, Vegan, DF, EF</u> (Parmesan Cheese on the Side) Peas and Carrots Cantaloupe <u>GF: Entrée w/ GF Pasta</u>	Chicken Fajitas - <u>DF, EF</u> Flour Tortillas Cauliflower Bananas <u>V, Vegan: Bean Fajitas</u> <u>GF: Corn Tortilla</u>	Turkey Lentil Sloppy Joes - <u>DF, EF</u> Dinner Roll Sliced Carrots Pineapple <u>V, Vegan: Lentil & Bean Sloppy Joe</u> <u>GF: White Rice</u>	Italian Meatball Sub Mini Hoagie Butternut Squash Honeydew <u>V, Vegan, DF, EF, GF: Veggie Meatball Sub</u> <u>GF: Whole Grain Brown Rice</u>	Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u>

Disclaimer: For a complete list of ingredients, please refer to the official ingredient list provided.