

# Nutrition & Wellness January 2026 Menu

## Breakfast Menu - Served 7:45-8:05 a.m.

January 2026		Muffin Monday	Taco Tuesday	Waffle Wednesday	Thankful Thursday
<b>Breakfast</b> 	5-8	No School Happy New Year	Cheese Quesadilla	Choco Berry Waffles	Parfait & Granola
	12-15	Cinnamon Roll	Breakfast Chilaquiles	Chicken & Waffles	Green Egg & Ham on an English Muffin
	19-22	No School MLK, Jr.	Huevos Rancheros	Waffle & Sausage	Bagel & Cream Cheese
	26-29	Banana Muffin	Breakfast Burrito	Waffle & Cinnamon Apple	Sausage Biscuit
<i>Assorted Cereals as an alternative to Main Entrée</i> Daily Choice of Protein: String Cheese, Yogurt or Hard Boiled Egg Daily Choice of Fresh Fruits, Applesauce or Raisins    Daily Choice of Skim or Fat Free White Milk					

## Lunch Menu - served 11:30-12:55 p.m.

January 2026		 Meatless Monday	Taco Tuesday	Where in the World? Wednesday	Thankful Thursday
 <b>Lunch</b>	5-8	No School Happy Three Kings Day!	Tamales Rice & Bens	Beef Broccoli & Noodles	Pepperoni Pizza
	12-15	Grilled Cheese on Local Sonora Sourdough Bread Azteca Tomato Soup	Chicken Chilaquiles Local Tortilla Chips	Spaghetti & Meatsauce Dinner Roll	French Toast Casserole & Sausage Link
	19-22	No School Martin Luther King, Jr. Day	Walking Taco Refried Bean	Orange Chicken & Cilantro Lime Rice	Hamburger Local Whole Wheat Bun
	26-29	Pretzel Stick Baked Potato & Cheesy Broccoli	Pozole Local Tortilla Chips	Chicken Alfredo & Garlic Bread	Sloppy Joe Local Whole Wheat Bun
Cold Choice Of The Day		Peanut Butter & Jelly	 Nacho Fun Box	Chicken Caesar Salad	 Yogurt Fun Box

Daily Salad Bar with Fresh Fruits, Salad and Vegetables. Daily Choice of Skim or Fat-Free White Milk



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WITH THE NATIONAL SCHOOL LUNCH PROGRAM

Available to all students at no charge  
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This institution is an equal opportunity provider.

We Offer Fresh Fruit and Vegetable as a Snack Daily.



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Menu subject to change without prior notice. Meals are served Free of Charge.