



# January 2026



				THURSDAY 1	FRIDAY 2*
<b>MENU SUBJECT TO CHANGE</b>	L F Milk Served w/Each Meal Can Fruit in Light Syrup WW= Whole Wheat GC=Green Chili RC=Red Chili HM = Honey Mustard			HAPPY NEW YEAR ALL CENTERS CLOSED	<b>Baked Chicken Breast</b> Wild Rice Pilaf Steamed French Cut Grn Beans Green Salad w/LF Dressing Chilled Apricots
<b>MENU SUBJECT TO CHANGE</b>					
MONDAY 5	TUESDAY 6	WEDNESDAY 7*	THURSDAY 8	FRIDAY 9*	
<b>Black-eyed Peas and Ham</b> Steamed Spinach Fresh Baked Cornbread w/Margarine/Honey Garden Salad w/LF Dressing Fresh Honeydew Melon	<b>Hot Dog</b> Steamed Island Veggies Fresh Baked Red Potato Wedges LF Vanilla Yogurt Chilled Fruit Cocktail	<b>Carne Adovada Burrito</b> Pinto Beans Steamed Veggie Medley Chilled Pineapple Tidbits Yellow Cake Whip Topping	<b>Meatball Sandwich</b> On a Hoagie Roll Pasta w/Marinara Sauce, Parmesan Steamed CA Blend Veggies Chilled Strawberries	<b>BBQ Pork</b> Sweet Potato Fries Collard Greens WW Roll w/Margarine Chilled Mandarin Oranges	
MONDAY 12*	TUESDAY 13*	WEDNESDAY 14*	THURSDAY 15	FRIDAY 16	
<b>Pepper Steak</b> Lemon Herb Orzo Winter Blend Vegetables Green Salad w/LF Dressing Chilled Applesauce	<b>Santa Fe Chicken</b> Black Beans and Corn Cilantro Lime Rice Streamed Chateau Blend Veggies Chilled Fruit Salad	<b>Mushroom Marinara Lasagna</b> Steamed Italian Green Beans With Garbanzo Beans Caesar Salad w/Tomato, Onion, & LF Dressing Diced Peaches	<b>2 Chicken Tacos</b> Beans De La Olla Steamed Spinach Lettuce/Tomatoes Chilled Tropical Fruit	<b>Baked Salmon w/Lemon Butter</b> Rice Pilaf Honey Glazed Baby Carrots Garden Salad w/LF Dressing Fresh Orange	
MONDAY 19	TUESDAY 20*	WEDNESDAY 21*	THURSDAY 22*	FRIDAY 23	
<b>Martin Luther King</b> Day All Centers Closed Closed	<b>Parmesan Chicken</b> Polenta w/Marinara Steamed Italian Vegetables Caesar Salad w/Tomato, Onion, & LF Dressing Fresh Grapes	<b>Herbed Pork Chops</b> Steamed Rice Steamed CA Blend Veggies Green Salad w/LF Dressing Chilled Applesauce	<b>Meatloaf</b> Mashed Potato w/Gravy Steamed Mixed Vegetables Garden Salad w/LF Dressing WW Roll w/Margarine Chilled Mixed Fruit	<b>Chicken Caesar Wrap</b> W/Chicken Romaine Lettuce LF Caesar Dressing & Parm Cheese, Shredded Carrots Chilled Beet Salad Chilled Diced Pears	
MONDAY 26*	TUESDAY 27*	WEDNESDAY 28*	THURSDAY 29	FRIDAY 30	
<b>Country Fried Steak w/Gravy</b> Parried Red Potatoes Roasted Brussels Sprouts WW Roll w/Margarine Spiced Baked Pears	<b>RC Bean &amp; Cheese Enchilada</b> Carrot Coins Garden Salad w/Dressing Chilled Fruit Cocktail	<b>Hamburger Steak w/</b> Grilled Onions Baked Potato w/Sour Cream Green Salad w/LF Dressing WW Roll w/Margarine Chilled Pineapple Tidbits	<b>Turkey and Cheese Sandwich</b> Green Leaf Lettuce/Tomato Slices Fresh Made 3 Bean Salad Creamy Cuke & Tomato Salad Fresh Banana	<b>Green Chili Frito Pie</b> w/Pinto Beans, Beef & Cheese Steamed Chateau Blend Shredded Lettuce, Diced Tomato. Diced Onions Chilled Apricots	

Final