

## January 2026 Meals

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28					<b>Breakfast</b> Cereal	<b>Breakfast</b> Muffins
					<b>Lunch</b> Chef Salad	<b>Lunch</b> Tuna Pasta Salad
					<b>Dinner</b> Tuna Pasta Salad	
					<b>Snack</b> Apple Bars	<b>Snack</b> Chocolate Dip
4	<b>Breakfast</b> Oatmeal	<b>Breakfast</b> Parfait	<b>Breakfast</b> Cereal	<b>Breakfast</b> Fruit Cobbler	<b>Breakfast</b> Coffee Cake	<b>Breakfast</b> Cereal
	<b>Lunch</b> Lasagna	<b>Lunch</b> Arroz Con Pollo	<b>Lunch</b> Chili Mac	<b>Lunch</b> Turkey Sammies	<b>Lunch</b> Big Mac Salad	<b>Lunch</b> Pesto Chicken Wraps
	<b>Dinner</b> Cheesy Potato Bake	<b>Dinner</b> Taco Pie	<b>Dinner</b> Chicken Chukani	<b>Dinner</b> Baked Ziti	<b>Dinner</b> Pesto Chicken Wraps	
	<b>Snack</b> Hummus	<b>Snack</b> Grandma Cookies	<b>Snack</b> Buffalo Chicken Dip	<b>Snack</b> Grain Bars	<b>Snack</b> Fruit & Yogurt	<b>Snack</b> Cucumber Salad
11	<b>Breakfast</b> Bread Pudding	<b>Breakfast</b> Cereal	<b>Breakfast</b> Oatmeal	<b>Breakfast</b> Fruit & Yogurt Parfait	<b>Breakfast</b> Cereal	<b>Breakfast</b> Crumb Cakes
	<b>Lunch</b> Crispy Chicken Mac	<b>Lunch</b> Mexican Rice	<b>Lunch</b> Chicken Alfredo	<b>Lunch</b> Mediterranean Stirfry	<b>Lunch</b> BBQ Baked Chicken	<b>Lunch</b> Chef Salad
	<b>Dinner</b> Spaghetti	<b>Dinner</b> Chicken Fajita Pasta	<b>Dinner</b> Sloppy Joe	<b>Dinner</b> Curry Chicken	<b>Dinner</b> Chef Salad	
	<b>Snack</b> Fruit Bars	<b>Snack</b> Chocolate Dip	<b>Snack</b> Chicken Pasta Salad	<b>Snack</b> Party Mix	<b>Snack</b> Tomato Soup	<b>Snack</b> Guacamole & Salsa
18	<b>Breakfast</b> Danishes	<b>Breakfast</b> Fruit Cobbler	<b>Breakfast</b> Muffins	<b>Breakfast</b> Cereal	<b>Breakfast</b> Scones	<b>Breakfast</b> Oatmeal
	<b>Lunch</b> Cheesy Beef Bake	<b>Lunch</b> Taco Salad	<b>Lunch</b> Tuna Salad	<b>Lunch</b> Crispy Chicken Bowl	<b>Lunch</b> Pepper Steak	<b>Lunch</b> Chicken Pasta Salad
	<b>Dinner</b>	<b>Dinner</b> Southwest Pasta	<b>Dinner</b> Teriyaki Chicken	<b>Dinner</b> Pizza Bake	<b>Dinner</b> Chicken Pasta Salad	
	<b>Snack</b> Fritters	<b>Snack</b> Cinnamon Rolls	<b>Snack</b> Fruit & Yogurt	<b>Snack</b> Apple Bars	<b>Snack</b> Hummus	<b>Snack</b> Grandma Cookies
25	<b>Breakfast</b> Cereal	<b>Breakfast</b> Danishes	<b>Breakfast</b> Fruit&Yogurt Parfait	<b>Breakfast</b> Cereal	<b>Breakfast</b> Oatmeal	<b>Breakfast</b> Coffee Cake
	<b>Lunch</b> Baked Chicken	<b>Lunch</b> Cheesy Taco Bake	<b>Lunch</b> Winter Salad	<b>Lunch</b> Turkey Hoagies	<b>Lunch</b> Brocc Cheddar Cass	<b>Lunch</b> Chx Salad Sandwich
	<b>Dinner</b> Beefaroni	<b>Dinner</b> Chicken Burritos	<b>Dinner</b> Broccoli Chedd Soup	<b>Dinner</b> Parmesan Chicken	<b>Dinner</b> Chx Salad Sandwich	
	<b>Snack</b> Fruit Bars	<b>Snack</b> Smoes Bark	<b>Snack</b> Muffins	<b>Snack</b> Grain Bars	<b>Snack</b> Chocolate Dip	<b>Snack</b> Fruit & Yogurt