

JAN 12 - 16, 2026



SUBMITTED BY

APPROVED BY

Monday

Breakfast

Pancakes
Fresh Fruit
Skimmed Milk

Lunch

Salisbury Steak
Smothered Potatoes
Fresh Salad
WG Bread Slice
Fresh Fruit
Skimmed Milk

Snack

Trail Mix
100% Juice

Wednesday

Breakfast

Fried Egg & WG Toast
Fresh Fruit
Skimmed Milk

Lunch

Chicken Salad Sandwich (WG)
Baby Carrots
Pickle Spears
Fresh Fruit
Skimmed Milk

Snack

Vienna Sausage & WG Crackers
Water

Tuesday

Breakfast

Dry Cereal
Fresh Fruit
Skimmed Milk

Lunch

Shrimp & Grits
Fresh Salad
Fresh Fruit
Skimmed Milk

Snack

Guacamole & Corn Tortilla Chips
Water

Thursday

Breakfast

Oatmeal
Fresh Fruit
Skimmed Milk

Lunch

Pork Loin & Mixed Veggies
Fresh Salad
WG Bread Slice
Fresh Fruit
Skimmed Milk

Snack

Beef Hot Dog w/ WG Bun
Water

Friday

Breakfast

Yogurt Parfait
Fresh Fruit
Skimmed Milk

Lunch

Smothered Chicken & Rice
Fresh Salad
WG Bread Slice
Fresh Fruit
Skimmed Milk

Snack - (Food Activity)

Fruity Pizza
Water



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