



# CJA Lunch

January 2026

## Monday Tuesday Wednesday Thursday Friday

| <u>Monday, January 5</u>   | <u>Tuesday, January 6</u>   | <u>Wednesday, January 7</u>  | <u>Thursday, January 8</u>   | <u>Friday, January 9</u>   |
|--|---|--|--|--|
| Beef Hot Dog<br><i>Veggie Dog</i><br>WG Hot Dog Bun<br>Steamed Carrots<br>Celery Sticks<br>Orange Slices<br><i>Ketchup &amp; Mustard Packet</i>                  | WG Chicken Nuggets<br><i>Veggie Nuggets</i><br>WG Bread Slice<br>Green Beans<br>Cherry Tomatoes<br>Strawberry Applesauce Cup<br><i>Ketchup Packet</i> | WG Pasta w/<br>Marinara Sauce<br>& Mozzarella Cheese<br>Peas<br>Lemony Chickpea Salad<br>Pineapple                                     | BBQ Chicken Drumsticks<br><i>Southern Lentils</i><br>Rice Pilaf<br>Broccoli<br>Red Beans<br>Apple Slices | Red Chicken Pozole<br><i>Red Vegetarian Pozole</i><br>WG Tortilla Chips<br>Cabbage<br>Baby Carrots<br>Melon<br>Lime        |
| <u>Monday, January 12</u>  | <u>Tuesday, January 13</u>  | <u>Wednesday, January 14</u>   | <u>Thursday, January 15</u>  | <u>Friday, January 16</u>  |
| Beef Burger<br>w/ American Cheese<br><i>Veggie Burger</i><br>WG Hamburger Bun<br>Sweet Corn<br>Pickle Chips<br>Applesauce<br><i>Ketchup &amp; Mustard Packet</i> | Pizza Margherita<br>Garlic Green Beans<br>Red Bean Salad<br>Pear Slices   | Green Chicken Pozole<br><i>Green Vegetarian Pozole</i><br>WG Tortilla Chips<br>Cabbage<br>Steamed Carrots<br>Apple Slices<br>Lime      | WG Pasta w/<br>Marinara Sauce<br>& Mozzarella Cheese<br>Broccoli<br>Lemony Chickpea Salad<br>Melon       | Chicken Philly<br><i>Tofu Philly</i><br>WG Hoagie Bun<br>Mozzarella Cheese<br>Fajita Peppers<br>Coleslaw<br>Fruit Salad CP |
| <u>Monday, January 19</u>  | <u>Tuesday, January 20</u>  | <u>Wednesday, January 21</u>   | <u>Thursday, January 22</u>  | <u>Friday, January 23</u>  |
| Buffalo Chicken Thigh<br><i>Veggie Burger</i><br>WG Hamburger Bun<br>Green Beans<br>Baby Carrots<br>Applesauce   | WG Chicken Nuggets<br><i>Veggie Nuggets</i><br>WG Bread Slice<br>Steamed Carrots<br>Celery Sticks<br>Appleberry Sauce<br><i>Ketchup Packet</i>        | <b>Mac &amp; Cheese</b><br>WG Elbow Noodles<br>Homemade Cheese Sauce<br>Broccoli<br>Red Bean Salad<br>Pear Slices                      | Kung Pao Chicken<br><i>Kung Pao Tofu</i><br>(not-so) Fried Rice<br>Peas & Carrots<br>Edamame<br>Melon    | Cajun Red Beans & Rice<br>Cornbread<br>Sweet Corn<br>Coleslaw<br>Fruit Salad HP  |
| <u>Monday, January 26</u>  | <u>Tuesday, January 27</u>  | <u>Wednesday, January 28</u>   | <u>Thursday, January 29</u>  | <u>Friday, January 30</u>  |
| Turkey Chorizo Quesadilla<br>Corn Salad<br>Red Pepper Strips<br>Orange Slices  | Peri Peri Chicken<br><i>Peri Peri Tofu</i><br>Arroz Verde<br>Steamed Carrots<br>Black Beans<br>Pear Slices  | WG Pasta w/<br>Tomato Cream Sauce<br>& Mozzarella Cheese<br>Garlic Herb Breadstick<br>Squash Medley<br>Cherry Tomatoes<br>Apple Slices | Turkey Chili<br>Cornbread<br>Roasted Potatoes<br>Cucumber Slices<br>Melon                                | Nashville Hot Chicken Patty<br><i>Veggie Burger</i><br>WG Hamburger Bun<br>Broccoli<br>Red Bean Salad<br>Fruit Salad CP    |

WG = Whole Grain

Fruit Salad CP/HP/CH = Cantaloupe & Pineapple, Honeydew & Pineapple, Cantaloupe & Honeydew

\*Two types of milk are offered with each meal

\*\*This institution is an equal opportunity provider