



# CJA Lunch

January 2026



Monday Tuesday Wednesday Thursday Friday

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