

**January 2026 | \* NSLP PreK-8 Menus | [Lunch Menu](#) | [CJA K-8 Hot Lunch](#)****25/26**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> Week 2 Day 1 <b>MAIN ENTREE</b> WG Turkey Tinga Quesadilla 24 g Carb <b>VEGETABLE</b> Red Pepper Strips 2 g Carb Corn Salad 14 g Carb <b>FRUIT</b> Orange Slices 9 g Carb <b>MILK</b> 1% Milk 13 g Carb Skim Milk 12 g Carb Skim Chocolate Milk 20 g Carb	<b>30</b> Week 2 Day 2 <b>MAIN ENTREE</b> Peri Peri Chicken Thigh 1 g Carb <b>GRAIN</b> Arroz Verde 23 g Carb <b>VEGETABLE</b> Steamed Carrots 6 g Carb Seasoned Black Beans 9 g Carb <b>FRUIT</b> Pears Slices 14 g Carb <b>MILK</b> 1% Milk 13 g Carb Skim Chocolate Milk 13 g Carb Skim Chocolate Milk	<b>31</b> Week 2 Day 3 <b>GRAIN</b> WG Elbow Noodles 25 g Carb WG Garlic Herb Breadstick 12 g Carb <b>VEGETABLE</b> Squash Medley 2 g Carb Cherry Tomatoes 1 g Carb <b>FRUIT</b> Apple Slices 12 g Carb <b>MILK</b> 1% Milk 13 g Carb Skim Chocolate Milk 20 g Carb Skim Milk	<b>1</b> New Year's Day Week 2 Day 4 <b>MAIN ENTREE</b> Turkey Chili 12 g Carb <b>GRAIN</b> Cornbread 18 g Carb <b>VEGETABLE</b> Cucumber Slices 1 g Carb Roasted Potatoes 9 g Carb <b>FRUIT</b> Honeydew 6 g Carb <b>MILK</b> Skim Chocolate Milk 20 g Carb Skim Milk	<b>2</b> Week 2 Day 5 <b>MAIN ENTREE</b> Crispy Buffalo Chicken Patty 15 g Carb <b>GRAIN</b> WG Hamburger Bun 26 g Carb <b>VEGETABLE</b> Broccoli Florets 3 g Carb Baby Carrots 3 g Carb <b>FRUIT</b> Fruit Salad CP 8 g Carb <b>MILK</b> Skim Chocolate Milk 20 g Carb Skim Milk

	20 g Carb Skim Milk 12 g Carb	12 g Carb <b>CONDIMENTS</b> Shredded Mozzarella Cheese 2 g Carb	12 g Carb 1% Milk 13 g Carb	12 g Carb 1% Milk 13 g Carb
		<b>SAUCE</b> Tomato Cream Sauce 8 g Carb		
5	6	7	8	9

Week 3 Day 1	Week 3 Day 2	Week 3 Day 3	Week 3 Day 4	Week 3 Day 5
<b>MAIN ENTREE</b> Beef Hot Dog 0 g Carb	<b>MAIN ENTREE</b> WG Chicken Nuggets 16 g Carb	<b>GRAIN</b> WG Rotini 27 g Carb	<b>MAIN ENTREE</b> BBQ Chicken Drumsticks 7 g Carb	<b>MAIN ENTREE</b> Red Pozole w/ Chicken 10 g Carb
<b>GRAIN</b> WG Hot Dog Bun 27 g Carb	<b>GRAIN</b> WG Bread Slice 13 g Carb	<b>VEGETABLE</b> Peas 11 g Carb	<b>GRAIN</b> Rice Pilaf 34 g Carb	<b>GRAIN</b> Tortilla Chips 16 g Carb
<b>VEGETABLE</b> Steamed Carrots 6 g Carb	<b>VEGETABLE</b> Green Beans 6 g Carb	<b>FRUIT</b> Lemony Chickpea Salad 7 g Carb	<b>VEGETABLE</b> Seasoned Red Beans 10 g Carb	<b>VEGETABLE</b> Cabbage 2 g Carb
Celery Sticks 1 g Carb	Cherry Tomatoes 1 g Carb	Pineapple 11 g Carb	Broccoli Florets 3 g Carb	Baby Carrots 5 g Carb
<b>FRUIT</b> Orange Slices 9 g Carb	<b>FRUIT</b> Strawberry Applesauce Cup 14 g Carb	<b>MILK</b> Skim Chocolate Milk 20 g Carb	<b>FRUIT</b> Apple Slices 12 g Carb	<b>FRUIT</b> Cantaloupe 7 g Carb
<b>MILK</b> 1% Milk 13 g Carb	<b>MILK</b> 1% Milk 13 g Carb	Skim Milk 12 g Carb	<b>MILK</b> Skim Chocolate Milk 20 g Carb	<b>MILK</b> Skim Chocolate Milk 20 g Carb
Skim Milk 12 g Carb	Skim Chocolate Milk 20 g Carb	<b>CONDIMENTS</b> Shredded Mozzarella Cheese 2 g Carb	Skim Milk 12 g Carb	Skim Milk 12 g Carb
Skim Chocolate Milk 20 g Carb	Skim Milk 12 g Carb	<b>CONDIMENTS</b> Marinara Sauce 8 g Carb	1% Milk 13 g Carb	1% Milk 13 g Carb
<b>CONDIMENTS</b> Ketchup Packet 2 g Carb	<b>CONDIMENTS</b> Ketchup Packet 2 g Carb	<b>SAUCE</b> Marinara Sauce 8 g Carb		
Mustard Packet 0 g Carb				

12	13	14	15	16
Week 4 Day 1	Week 4 Day 2	Week 4 Day 3	Week 4 Day 4	Week 4 Day 5
<b>MAIN ENTREE</b> Beef Burger w/ American Cheese 4 g Carb	<b>MAIN ENTREE</b> Pizza Margherita 29 g Carb	<b>MAIN ENTREE</b> Green Pozole w/ Chicken 15 g Carb	<b>GRAIN</b> WG Elbow Noodles 25 g Carb	<b>MAIN ENTREE</b> Fajita Chicken Thigh 3 g Carb
<b>GRAIN</b> WG Hamburger Bun 26 g Carb	<b>VEGETABLE</b> Garlic Green Beans 8 g Carb	<b>GRAIN</b> Tortilla Chips 16 g Carb	<b>VEGETABLE</b> Broccoli Florets 3 g Carb	<b>GRAIN</b> WG Hoagie Bun 29 g Carb
<b>VEGETABLE</b> Pickle Chips	<b>FRUIT</b> Red Bean Salad 14 g Carb	<b>VEGETABLE</b> Steamed Carrots 6 g Carb	<b>FRUIT</b> Lemony Chickpea Salad 8 g Carb	<b>VEGETABLE</b> Red Pepper Strips 2 g Carb
	Pears Slices	Cabbage		

0 g Carb	14 g Carb	1 g Carb	Cantaloupe 7 g Carb	Coleslaw DF/GF/EF 9 g Carb
Sweet Corn 18 g Carb	<b>MILK</b>	<b>FRUIT</b>	<b>MILK</b>	<b>FRUIT</b>
<b>FRUIT</b>	1% Milk 13 g Carb	Apple Slices 12 g Carb	Skim Chocolate Milk 20 g Carb	Fruit Salad CP 8 g Carb
Applesauce 14 g Carb	Skim Chocolate Milk 20 g Carb	<b>MILK</b>	Skim Milk 12 g Carb	<b>MILK</b>
<b>MILK</b>	Skim Milk 12 g Carb	1% Milk 13 g Carb	1% Milk 13 g Carb	Skim Chocolate Milk 20 g Carb
1% Milk 13 g Carb		Skim Chocolate Milk 20 g Carb	<b>CONDIMENTS</b>	Skim Milk 12 g Carb
Skim Milk 12 g Carb		Skim Milk 12 g Carb	Shredded Mozzarella Cheese 2 g Carb	1% Milk 13 g Carb
Skim Chocolate Milk 20 g Carb			<b>SAUCE</b>	<b>CONDIMENTS</b>
			Marinara Sauce 6 g Carb	Shredded Mozzarella Cheese 1 g Carb

<b>19</b> Week 1 Day 1	<b>20</b> Week 1 Day 2	<b>21</b> Week 1 Day 3	<b>22</b> Week 1 Day 4	<b>23</b> Week 1 Day 5
<b>MAIN ENTREE</b> Buffalo Chicken Thigh 0 g Carb	<b>MAIN ENTREE</b> WG Chicken Nuggets 16 g Carb	<b>MAIN ENTREE</b> Homemade Cheese Sauce 5 g Carb	<b>MAIN ENTREE</b> Kung Pao Chicken 2 g Carb	<b>MAIN ENTREE</b> Cajun Red Beans and Rice 76 g Carb
<b>GRAIN</b> WG Hamburger Bun 26 g Carb	<b>GRAIN</b> WG Bread Slice 13 g Carb	<b>GRAIN</b> WG Elbow Noodles 25 g Carb	<b>GRAIN</b> (Not-so)Fried Rice 46 g Carb	<b>GRAIN</b> Cornbread 18 g Carb
<b>VEGETABLE</b> Green Beans 6 g Carb	<b>VEGETABLE</b> Steamed Carrots 6 g Carb	<b>VEGETABLE</b> Red Bean Salad 13 g Carb	<b>VEGETABLE</b> Edamame 3 g Carb	<b>VEGETABLE</b> Sweet Corn 18 g Carb
<b>VEGETABLE</b> Baby Carrots 3 g Carb	<b>VEGETABLE</b> Celery Sticks 1 g Carb	<b>VEGETABLE</b> Broccoli Florets 3 g Carb	<b>VEGETABLE</b> Peas & Carrots 7 g Carb	<b>VEGETABLE</b> Coleslaw DF/GF/EF 5 g Carb
<b>FRUIT</b> Applesauce 14 g Carb	<b>FRUIT</b> Appleberry Sauce 14 g Carb	<b>FRUIT</b> Pears Slices 14 g Carb	<b>FRUIT</b> Cantaloupe 7 g Carb	<b>FRUIT</b> Fruit salad HP 7 g Carb
<b>MILK</b> 1% Milk 13 g Carb	<b>MILK</b> 1% Milk 13 g Carb	<b>MILK</b> 1% Milk 13 g Carb	<b>MILK</b> Skim Chocolate Milk 20 g Carb	<b>MILK</b> Skim Chocolate Milk 20 g Carb
<b>MILK</b> Skim Milk 12 g Carb	<b>MILK</b> Skim Chocolate Milk 20 g Carb	<b>MILK</b> Skim Chocolate Milk 20 g Carb	<b>MILK</b> Skim Milk 12 g Carb	<b>MILK</b> Skim Milk 12 g Carb
<b>MILK</b> Skim Chocolate Milk	<b>MILK</b> Skim Milk	<b>MILK</b> Skim Milk	<b>MILK</b> 1% Milk	<b>MILK</b> 1% Milk

20 g Carb	12 g Carb	12 g Carb	13 g Carb	13 g Carb
<b>CONDIMENTS</b>				
	Ketchup Packet 2 g Carb			
<b>26</b> Week 2 Day 1	<b>27</b> Week 2 Day 2	<b>28</b> Week 2 Day 3	<b>29</b> Week 2 Day 4	<b>30</b> Week 2 Day 5
<b>MAIN ENTREE</b> WG Turkey Tinga Quesadilla 24 g Carb	<b>MAIN ENTREE</b> Peri Peri Chicken Thigh 1 g Carb	<b>GRAIN</b> WG Elbow Noodles 25 g Carb	<b>MAIN ENTREE</b> Turkey Chili 12 g Carb	<b>MAIN ENTREE</b> Crispy Buffalo Chicken Patty 15 g Carb
		WG Garlic Herb Breadstick	<b>GRAIN</b>	

<b>VEGETABLE</b>	<b>GRAIN</b>	12 g Carb	Cornbread 18 g Carb	<b>GRAIN</b>
Red Pepper Strips 2 g Carb	Arroz Verde 23 g Carb			WG Hamburger Bun 26 g Carb
Corn Salad 14 g Carb	<b>VEGETABLE</b>	Squash Medley 2 g Carb	<b>VEGETABLE</b>	<b>VEGETABLE</b>
<b>FRUIT</b>	Steamed Carrots 6 g Carb	Cherry Tomatoes 1 g Carb	Cucumber Slices 1 g Carb	Broccoli Florets 3 g Carb
Orange Slices 9 g Carb	Seasoned Black Beans 9 g Carb	<b>FRUIT</b>	Roasted Potatoes 9 g Carb	Baby Carrots 3 g Carb
<b>MILK</b>	<b>FRUIT</b>	Apple Slices 12 g Carb	<b>FRUIT</b>	<b>FRUIT</b>
1% Milk 13 g Carb	Pears Slices 14 g Carb		Honeydew 6 g Carb	Fruit Salad CP 8 g Carb
Skim Milk 12 g Carb	<b>MILK</b>	1% Milk 13 g Carb	<b>MILK</b>	<b>MILK</b>
Skim Chocolate Milk 20 g Carb	1% Milk 13 g Carb	Skim Chocolate Milk 20 g Carb	Skim Chocolate Milk 20 g Carb	Skim Chocolate Milk 20 g Carb
	Skim Chocolate Milk 20 g Carb	Skim Milk 12 g Carb	Skim Milk 12 g Carb	Skim Milk 12 g Carb
	Skim Milk 12 g Carb	<b>CONDIMENTS</b>	1% Milk 13 g Carb	1% Milk 13 g Carb
		Shredded Mozzarella Cheese 2 g Carb		
		<b>SAUCE</b>		
		Tomato Cream Sauce 8 g Carb		

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