

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

25/26

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

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

Week 3 Day 1

MAIN ENTREE

Beef Hot Dog
0 g Carb

GRAIN

WG Hot Dog
Bun
27 g Carb

VEGETABLE

Steamed Carrots
6 g Carb

Celery Sticks
1 g Carb

FRUIT

Orange Slices
9 g Carb

MILK

1% Milk
13 g Carb

Skim Milk
12 g Carb

Skim Chocolate
Milk
20 g Carb

CONDIMENTS

Ketchup Packet
2 g Carb

Mustard Packet
0 g Carb

Week 3 Day 2

MAIN ENTREE

WG Chicken
Nuggets
16 g Carb

GRAIN

WG Bread Slice
13 g Carb

VEGETABLE

Green Beans
6 g Carb

Cherry Tomatoes
1 g Carb

FRUIT

Strawberry
Applesauce Cup
14 g Carb

MILK

1% Milk
13 g Carb

Skim Chocolate
Milk
20 g Carb

Skim Milk
12 g Carb

CONDIMENTS

Ketchup Packet
2 g Carb

Week 3 Day 3

GRAIN

WG Rotini
27 g Carb

VEGETABLE

Peas
11 g Carb

Lemony
Chickpea Salad
7 g Carb

FRUIT

Pineapple
11 g Carb

MILK

1% Milk
13 g Carb

Skim Chocolate
Milk
20 g Carb

Skim Milk
12 g Carb

CONDIMENTS

Shredded
Mozzarella
Cheese
2 g Carb

SAUCE

Marinara Sauce
8 g Carb

Week 3 Day 4

MAIN ENTREE

BBQ Chicken
Drumsticks
7 g Carb

GRAIN

Rice Pilaf
34 g Carb

VEGETABLE

Seasoned Red
Beans
10 g Carb

Broccoli Florets
3 g Carb

FRUIT

Apple Slices
12 g Carb

MILK

Skim Chocolate
Milk
20 g Carb

Skim Milk
12 g Carb

1% Milk
13 g Carb

Week 3 Day 5

MAIN ENTREE

Red Pozole w/
Chicken
10 g Carb

GRAIN

Tortilla Chips
16 g Carb

VEGETABLE

Cabbage
2 g Carb

Baby Carrots
5 g Carb

FRUIT

Cantaloupe
7 g Carb

MILK

Skim Chocolate
Milk
20 g Carb

Skim Milk
12 g Carb

1% Milk
13 g Carb

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

0 g Carb

Sweet Corn
18 g Carb

FRUIT

Applesauce
14 g Carb

MILK

1% Milk
13 g Carb

Skim Milk
12 g Carb

Skim Chocolate
Milk
20 g Carb

14 g Carb

MILK

1% Milk
13 g Carb

Skim Chocolate
Milk
20 g Carb

Skim Milk
12 g Carb

1 g Carb

FRUIT

Apple Slices
12 g Carb

MILK

1% Milk
13 g Carb

Skim Chocolate
Milk
20 g Carb

Skim Milk
12 g Carb

Cantaloupe
7 g Carb

MILK

Skim Chocolate
Milk
20 g Carb

Skim Milk
12 g Carb

1% Milk
13 g Carb

CONDIMENTS

Shredded
Mozzarella
Cheese
2 g Carb

SAUCE

Marinara Sauce
6 g Carb

Coleslaw
DF/GF/EF
9 g Carb

FRUIT

Fruit Salad CP
8 g Carb

MILK

Skim Chocolate
Milk
20 g Carb

Skim Milk
12 g Carb

1% Milk
13 g Carb

CONDIMENTS

Shredded
Mozzarella
Cheese
1 g Carb

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

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

VEGETABLE

Red Pepper
Strips
2 g Carb

Corn Salad
14 g Carb

FRUIT

Orange Slices
9 g Carb

MILK

1% Milk
13 g Carb

Skim Milk
12 g Carb

Skim Chocolate
Milk
20 g Carb

GRAIN

Arroz Verde
23 g Carb

VEGETABLE

Steamed Carrots
6 g Carb

Seasoned Black
Beans
9 g Carb

FRUIT

Pears Slices
14 g Carb

MILK

1% Milk
13 g Carb

Skim Chocolate
Milk
20 g Carb

Skim Milk
12 g Carb

12 g Carb

VEGETABLE

Squash Medley
2 g Carb

Cherry Tomatoes
1 g Carb

FRUIT

Apple Slices
12 g Carb

MILK

1% Milk
13 g Carb

Skim Chocolate
Milk
20 g Carb

Skim Milk
12 g Carb

CONDIMENTS

Shredded
Mozzarella
Cheese
2 g Carb

SAUCE

Tomato Cream
Sauce
8 g Carb

Cornbread
18 g Carb

VEGETABLE

Cucumber Slices
1 g Carb

Roasted Potatoes
9 g Carb

FRUIT

Honeydew
6 g Carb

MILK

Skim Chocolate
Milk
20 g Carb

Skim Milk
12 g Carb

1% Milk
13 g Carb

GRAIN

WG Hamburger
Bun
26 g Carb

VEGETABLE

Broccoli Florets
3 g Carb

Baby Carrots
3 g Carb

FRUIT

Fruit Salad CP
8 g Carb

MILK

Skim Chocolate
Milk
20 g Carb

Skim Milk
12 g Carb

1% Milk
13 g Carb

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