



Gluten/Dairy/Egg Free Hot Lunch January 2026

Monday Tuesday Wednesday Thursday Friday

<u>Monday, January 5</u> Beef Hot Dog GF Hot Dog Bun Steamed Carrots - 4 fl oz Celery - 2 fl oz Orange Slices - 4 ea <i>Ketchup & Mustard Packet</i>	<u>Tuesday, January 6</u> GF/DF/EF Veggie Nuggets - 4 ea GF/DF/EF Bread - 1 ea Green Beans - 4 fl oz Cherry Tomatoes - 2 fl oz Strawberry Applesauce Cup - 1 ea <i>Ketchup Packet</i>	<u>Wednesday, January 7</u> GF Penne - 6 fl oz Marinara Sauce - 3 fl oz Turkey Meatballs - 3 ea Peas - 4 fl oz Lemony Chickpea Salad - 2 fl oz Pineapple - 4 fl oz	<u>Thursday, January 8</u> BBQ Chicken Drumsticks - 2 ea Brown Rice - 6 fl oz Broccoli - 4 fl oz Red Beans - 2 fl oz Apple Slices - 4 ea	<u>Friday, January 9</u> Red Chicken Pozole - 8 fl oz WG Tortilla Chips - 10 ea Cabbage - 4 fl oz Baby Carrots - 2 fl oz Melon - 4 fl oz
<u>Monday, January 12</u> Beef Burger GF Hamburger Bun Sweet Corn - 4 fl oz Pickle Chips - 2 fl oz Applesauce - 4 fl oz <i>Ketchup & Mustard Packet</i>	<u>Tuesday, January 13</u> GF/DF/EF Bean & Cheese Tamale - 2 ea Celery - 4 fl oz Red Bean Salad - 2 fl oz Pear Slices - 4 ea	<u>Wednesday, January 14</u> Mojo Chicken - 2 oz Brown Rice - 6 fl oz Steamed Carrots - 4 fl oz Lemony Chickpea Salad - 2 fl oz Apple Slices - 4 ea	<u>Thursday, January 15</u> GF Penne - 6 fl oz Turkey Bolognese - 3 fl oz Broccoli - 4 fl oz Baby Carrots - 2 fl oz Melon - 4 fl oz	<u>Friday, January 16</u> Chicken Fajita - 2 oz GF Hamburger Bun Fajita Peppers - 4 fl oz Coleslaw - 2 fl oz Fruit Salad CP - 4 fl oz
<u>Monday, January 19</u> GF/DF/EF Buffalo Chicken - 2 oz GF Hamburger Bun - 1 ea Green Beans - 4 fl oz Baby Carrots - 2 fl oz Applesauce - 4 fl oz	<u>Tuesday, January 20</u> GF/DF/EF Veggie Nuggets - 4 ea GF/DF/EF Bread - 1 ea Steamed Carrots - 4 fl oz Celery - 2 fl oz Appleberry Sauce - 4 fl oz <i>Ketchup Packet</i>	<u>Wednesday, January 21</u> GF Elbow Pasta - 6 fl oz w/ GF/DF/EF Cheese Sauce Turkey Meatballs - 3 ea Broccoli - 4 fl oz Red Bean Salad - 2 fl oz Pear Slices - 4 ea	<u>Thursday, January 22</u> Kung Pao Chicken - 2 oz (not so) Fried Rice - 6 fl oz Peas & Carrots - 4 fl oz Edamame - 2 fl oz Melon - 4 fl oz	<u>Friday, January 23</u> Turkey Sausage Patties - 2 ea GF/DF/EF Waffle - 2 ea Hashbrowns - 4 fl oz Cucumber Slices - 2 fl oz Fruit Salad HP - 4 fl oz <i>Breakfast Syrup</i>
<u>Monday, January 26</u> GF/DF/EF Bean & Cheese Tamale - 2 ea Sweet Corn - 4 fl oz Red Pepper Strips - 2 fl oz Orange Slices - 4 ea	<u>Tuesday, January 27</u> Peri Peri Chicken - 2 oz Arroz Verde - 6 fl oz Steamed Carrots - 4 fl oz Black Beans - 2 fl oz Pear Slices - 4 ea	<u>Wednesday, January 28</u> GF Penne - 6 fl oz Marinara Sauce - 3 fl oz Turkey Meatballs - 3 ea Squash Medley - 4 fl oz Cherry Tomatoes - 2 fl oz Apple Slices - 4 ea	<u>Thursday, January 29</u> Three Bean Chili - 4 fl oz GF/DF/EF Bread - 1 ea Roasted Potatoes - 4 fl oz Cucumber Slices - 2 fl oz Melon - 4 fl oz	<u>Friday, January 30</u> Nashville "Hot" Chicken - 2 oz GF Hamburger Bun Broccoli - 4 fl oz Red Bean Salad - 2 fl oz Fruit Salad CP - 4 fl oz

All items on this menu are gluten, dairy, and egg free
 Fruit Salad CP/HP/CH = Cantaloupe & Pineapple, Honeydew & Pineapple, Cantaloupe & Honeydew

*Soy milk offered with each meal

**This institution is an equal opportunity provider