January's Nourishment Goal: Fuel Your Inner Warmth

Body: This month, focus on foods that nourish and sustain you. Incorporate plenty of vitamin C-rich fruits and vegetables like citrus, bell peppers, and broccoli to support your immune system during cold and flu season. Don't forget warm, fiber-filled foods like oatmeal, soups, and roasted root vegetables—they provide lasting energy and comfort. Eating well is your first line of defense for a vibrant winter.

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01	02
Mac & Cheese (V) Vegan Mac & Cheese Seasoned Green Beans Fresh Apple Slices 1% Milk 05	**National Bean Day** Bean & Cheese Nachos (V) Vegan Nachos Lettuce Salad Fresh Orange Wedge 06	Teriyaki Chicken Rice Bowl (V) Teriyaki Vegan Bowl Mixed Vegetable Fresh Fruit 1%Milk 07	Smoked Turkey Sub (V) Roasted Vegetable Sub Roasted Diced Sweet Potato Diced Fresh Cantaloupe 08	Cheese French Bread Pizza (V) Veggie French Bread Pizza Steamed Broccoli Fresh Sliced Orange Wedge 09
Spaghetti w Meat Sauce (V) Spaghetti Marinara Steamed Green Bean Fresh Sliced Apple 12	Chicken & Broccoli Casserole (V) Broccoli & Rice Casserole Soft Roll Fresh Watermelon 13	(V) Pancakes w/ Maple Syrup (Reg, V) Sausage Patty Breakfast Potato ½ Banana 14	BBQ Chicken Leg (Sub Tots) (V) BBQ Vegan Tofu Mac & Cheese Steamed Green peas Orange Wedge 15	WG Chicken Nuggets (V) Veggie Nuggets Steamed Broccoli Apple Sauce 16
Chicken Alfredo w Penne (V) Penne Marinara Steamed Broccoli Sliced Apples 19	Turkey Soft Taco (1) (V) Black Bean & Corn Taco Lettuce & Tomato Salad Fresh Pineapple 20	WG Chicken Nuggets w BBQ (V) Vegan Nuggets Broccoli + ½ Swt Potato ½ Banana 21	Red Bean & Rice w/ Sausage (V) Red Beans & Rice Corn Bread Fresh Apple 22	Pepperoni Pizza (V) Vegan Pizza Lettuce & Tomato Salad Orange Wedge 23
Creamy Mushroom & Penne (V) Mushroom & Penne Soft Roll Fresh Melon 26	Mexican Rice Bowl w Chicken (V) Mexican Rice Bowl Lettuce & Tomato Salad Fresh Pineapple 27	Hamburger on WG Bun (V) Vegan Burger Ranch Potato Wedge Green Bean ½ Banana 28	3 Cheese Baked Ziti (V) Vegan Baked Ziti Steamed Broccoli Orange Wedge 29	Breaded Chicken Patty (V) Vegan Patty Whipped Potatoes Mixed Vegetables Fresh Melon 30

School Meals Provided BY:
Nourish Food Service LLC.

JANUARY 2026