

**Week of January 5-9, 2026**

*Menu subject to change. Check Menu in center lobby each morning for change*

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:30-8:00 AM	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
Breakfast 9:00-9:30 AM	Waffles Fruit Compote	Bagels with Cream Cheese Greek Yogurt	Vegetable Egg Scramble	Fruit Smoothies Cinnamon Bread	Sourdough Toast with Jam Fruit
Lunch 12:00-12:30 PM	Spinach and Cheese Ravioli in Marinara Sauce Vegetables Fruit	Turkey Meatball Thai Coconut Curry White Rice Vegetables Fruit	Ham & Cheese Croissants Vegetables Fruit	Chicken Tenders Sweet Potato Fries Vegetables Fruit	Pork Fried Rice Vegetables Fruit
Vegetarian Option	Spinach and Cheese Ravioli in Marinara Sauce Vegetables Fruit	Turkey Veggieball Thai Coconut Curry White Rice Vegetables Fruit	Two Cheese Croissants Vegetables Fruit	Chick'n Tenders Sweet Potato Fries Vegetables Fruit	Tofu Fried Rice Vegetables Fruit
Afternoon Snack 3:00-3:30 PM	Pretzels Sun Butter Fruit	Pita Chips Spinach Dip Carrots	Chips and Salsa Veggies	Rice Cakes Fruit	Cheese Crackers
Evening Snack 5:00-5:30 PM	Crackers	Crackers	Crackers	Crackers	Crackers

Milk and water served with all breakfasts and lunch.

**Week of January 12-16, 2026**

*Menu subject to change. Check Menu in center lobby each morning for changes.*



	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:30-8:00 AM	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
Breakfast 9:00-9:30 AM	Raisin Bread Fruit	Pancakes Fruit	Cream of Wheat Fruit Compote	Cheesy English Muffins	Waffles with Sun Butter Fruit
Lunch 12:00-12:30 PM	3 Cheese Mac and Cheese Vegetables Fruit	Beef Tacos Mexican Rice Vegetables Fruit	Teriyaki Turkey and Noodle Bowl Vegetables Fruit	Chicken Cesar Pasta Salad Vegetables Fruit	Beef, Bell Pepper, and Rice Casserole Vegetables Fruit
Vegetarian Option	3 Cheese Mac and Cheese Vegetables Fruit	Veggie Crumble Tacos Mexican Rice Vegetables Fruit	Tofu Turkey and Noodle Bowl Vegetables Fruit	Chickpea Cesar Pasta Salad Vegetables Fruit	Veggie Crumble, Bell Pepper, and Rice Casserole Vegetables Fruit
Afternoon Snack 3:00-3:30 PM	Cottage Cheese Fruit	Rice Cakes Sun Butter Fruit	Pita Chips Hummus Veggies	Apples Cheese	Fruit Crackers
Evening Snack 5:00-5:30 PM	Crackers	Crackers	Crackers	Crackers	Crackers

Milk and water served with all breakfasts and lunch.

**Week of January 19-23, 2026**

*Menu subject to change. Check Menu in center lobby each morning for changes.*



	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:30-8:00 AM		Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
Breakfast 9:00-9:30 AM		Oatmeal Fruit Compote	Bagels with Cream Cheese Greek Yogurt	Cottage Cheese Fruit	Breakfast Potatoes Fruit Smoothies
Lunch 12:00-12:30 PM	Center Closed for MLK Jr. Day	Meatball Sub Sandwiches Vegetables Fruit	Jerk Chicken Tacos Rice Vegetables Fruit	Beef Bolognese Spaghetti Vegetables Fruit	Pork Stir Fry Noodles Vegetables Fruit
Vegetarian Option		Veggieball Sub Sandwiches Vegetables Fruit	Jerk Chick'n Tacos Rice Vegetables Fruit	Veggie Crumble Marinara Sauce Spaghetti Vegetables Fruit	Tofu Stir Fry Noodles Vegetables Fruit
Afternoon Snack 3:00-3:30 PM		Rice Cakes Applesauce	Pita Bread Spinach Dip Vegetables	Pretzels Cheese	Banana and Sun Butter Roll Ups
Evening Snack 5:00-5:30 PM		Crackers	Crackers	Crackers	Crackers

Milk and water served with all breakfasts and lunch.

Week of January 26-30, 2026

*Menu subject to change. Check Menu in center lobby each morning for changes.*



	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:30-8:00 AM	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
Breakfast 9:00-9:30 AM	English Muffins Fruit	Scrambled Eggs Wheat Toast	Pancakes Fruit Compote	Yogurt, Fruit and Granola Parfait	Cottage Cheese Fruit
Lunch 12:00-12:30 PM	Chicken Fajita Salad Tortilla Chips Vegetables Fruit	Sausage Lasagna Soup Bread Roll Vegetables Fruit	Beef Stroganoff Egg Noodles Vegetables Fruit	Bean and Cheese Burrito Vegetables Fruit	BBQ Chicken Chicken Sandwich Vegetables Fruit
Vegetarian Option	Chick'n Fajita Salad Tortilla Chips Vegetables Fruit	Ricotta Cheese Lasagna Soup Bread Roll Vegetables Fruit	Mushroom Stroganoff Egg Noodles Vegetables Fruit	Bean and Cheese Burrito Vegetables Fruit	BBQ Chick'n Chicken Sandwich Vegetables Fruit
Afternoon Snack 3:00-3:30 PM	Rice Cakes Sun Butter Fruit	Pita Chips Tzatziki Veggies	Cheese Sandwiches	Apple Sauce Chex Mix	Cheese Crackers
Evening Snack 5:00-5:30 PM	Crackers	Crackers	Crackers	Crackers	Crackers

Milk and water served with all breakfasts and lunch.