



# Sister Thea Bowman

# YOU'RE GOOD



**ALL STUDENTS EAT ALL MEALS @  
NO COST ALL YEAR LONG**

This institution is an equal opportunity provider.  
Menus are subject to change.

\* indicates the item contains Pork

*Welcome to the New Year!*

# 2026

*Menus for January*

## Available Daily

**WE OFFER  
GENERAL MILLS CEREAL  
AND CEREAL BARS  
AS ADDITIONAL ENTRÉE  
CHOICES.  
BREAKFAST INCLUDES  
MILK, FRUIT AND  
JUICE CHOICE.**

**Tuesday, January 6**

*Breakfast*

Mini Cinnis

*Lunch*

-French Toast Sticks  
& Sausage\*

-Ham & Cheese Wrap

-PBJ Sandwich

Seasoned Carrots

Chilled Pears

Gogurt Yogurt

Cold Milk

*No Salads Today*

**Wednesday, January 7**

*Breakfast*

Sausage Biscuit\*

*Lunch*

-Cheeseburger

-Chicken Quesadilla

-Chef Salad & Bosco Stick

-PBJ Sandwich

Sweet Corn

Peach Cup

Cold Milk

**Thursday, January 8**

*Breakfast*

Warm Blueberry Muffins

*Lunch*

Chicken Nuggets  
& Macaroni with Cheese

-Meatball Sandwich

-Italian Salad & Bosco Stick\*

-PBJ Sandwich

Steamed Broccoli

Mixed Fruit

Cold Milk

**Friday, January 9**

*Breakfast*

Mini Waffles & Syrup

*Lunch*

-Queso Chicken Nachos  
& Fish Shapes

& Cornbread Muffin

-Chef Salad & Bosco Stick

-PBJ Sandwich

Cheesy Refried Beans

Fresh Apple

Cold Milk

**Monday, January 12**

*Breakfast*

Breakfast Pizza\*

*Lunch*

-Breaded Chicken Sandwich

-Hot Dog on Bun

-Popcorn Chicken Salad &

Bosco Stick

-PBJ Sandwich

Seasoned Carrots

Chilled Pears

Cold Milk

**Tuesday, January 13**

*Breakfast*

Yogurt Cup

& Cinnamon Toast

*Lunch*

-Chicken Strips & Roll

-BBQ Hamburger on Bun

-Italian Salad & Bosco Stick\*

-PBJ Sandwich

Mashed Potatoes & Gravy

Chilled Peaches

Cold Milk

**Wednesday, January 14**

*Breakfast*

Cinnamon Toast

Crunch Muffin

*Lunch*

-Mozzarella Sticks

& Dipping Sauce

-Grilled Chicken Sandwich

-Chef Salad & Bosco Stick

-PBJ Sandwich

Steamed Broccoli

Blue Raspberry Applesauce

Cold Milk

**Thursday, January 15**

*Breakfast*

Cheesy Scrambled Eggs

& Biscuit

*Lunch*

-Bacon Cheeseburger\*

-Hot & Spicy Chicken

Sandwich

-Italian Salad & Bosco Stick\*

-PBJ Sandwich

Green Beans

Orange Smiles

Cold Milk

**Friday, January 16**

*Breakfast*

Pancake Sausage Sandwich\*

*Lunch*

-Soft Beef Tacos

-Cheesy Fish Sandwich

-Chef Salad & Bosco Stick

-PBJ Sandwich

Fiesta Beans

Mixed Berry Cup

Cold Milk