

January 2026

H.R. JEFFERIES J.R. HIGH

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

People born in January fall under the zodiac signs of Capricorn (December 22 - January 19) or Aquarius (January 20 - February 18). The birthstone for January is garnet.

BREAKFAST

MONDAY
PANCAKE
OATMEAL

TUESDAY:
FRENCH TOAST
BACON/YOGURT

WEDNESDAY:
EGG
SAUSAGE
BISCUIT
GRAVY

THURSDAY:
BREAKFAST BURRITO

FRIDAY:
SAUSAGE/EGG/CHEESE
CROISSANT

EVERYDAY OPTION:
CEREAL
JUICE
FRUIT
MILK
CHEESE STICKS
OR
GRAHAM CRACKERS

"THIS PROVIDER IS AN
EQUAL OPPORTUNITY
PROVIDER"

12
CHEESEBURGER MACARONI
ROLL
CARROTS
GREEN BEANS
RICE KRISPIE TREATS
FRUIT/MILK

13
QUESADILLA
BEANS/SALSA
CUCUMBERS
ICE CREAM
FRUIT
MILK

14
SPAGHETTI W/MEAT
BREADSTICKS
VEGGIE CUP
GARDEN SALAD
FRUITY GELATIN
MILK

15
SALISBURY STEAK
ROLL/
GRAVY
BROCCOLI
CORN
FRUIT
MILK

16
CHEESEBURGER
OVEN FRIES
TOMATO CUPS
FRUIT
MILK

19
TEXAS BASKET
(STEAK FINGERS &
MASHED POTATOES)
TOMATO CUP
SNOWBALL SALAD
MILK

20
CHICKEN FAJITAS
SPANISH RICE
BEAN/ CARROTS
SALSA
SHERBERT
FRUIT/ MILK

21
CHICKEN ALFREDO
BREADSTICKS
GARDEN SALAD'
CALIFORNIA BLEND
VEGETABLES
FRUIT/MILK

22
POPCORN CHICKEN
ROLL/ROLL
CRUNCHY BROCCOLI
SALAD
COOKIE
FRUIT/MILK

23
COUNTRY FRIED STEAK
GRAVY/ROLL
POTATOES/GREEN BEANS
FRUIT
MILK

26
BBQ ON A BUN
CORN
CUCUMBERS
BROWNIES
FRUIT/MILK

27
CHILI CHEESE TOTS
CORN CHIPS
VEGGIE CUP
POTATOES
FRUIT
MILK

28
CHICKEN NUGGETS
MAC AND CHEESE
CARROTS/SQUASH
FRUIT
MILK

29
HAMBURGER
CHIPS
TOMATO CUP
BROCCOLI
FRUIT
MILK

30
MEAT AND CHEESE
CHALUPA
SPANISH RICE
BEANS/SALSA
GARDEN SALAD
PUDDING
FRUIT/MILK