

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.

5

6

7

1

2

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

QUESADILLA
BEANS/SALSA
CUCUMBERS
ICE CREAM
FRUIT
MILK

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

SALISBURY STEAK
ROLL/
GRAVY
BROCCOLI
CORN
FRUIT
MILK

CHEESEBURGER
OVEN FRIES
TOMATO CUPS
FRUIT
MILK

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

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

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

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

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

BBQ ON A BUN
CORN
CUCUMBERS
BROWNIES
FRUIT/MILK

CHILI CHEESE TOTS
CORN CHIPS
VEGGIE CUP
POTATOES
FRUIT
MILK

CHICKEN NUGGETS
MAC AND CHEESE
CARROTS/SQUASH
FRUIT
MILK

HAMBURGER
CHIPS
TOMATO CUP
BROCCOLI
FRUIT
MILK

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

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"