



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right



JANUARY 2026 Pre-School @ Harding

MONDAY



Chicken Patty Sandwich
(Chix 3 oz, WG Bun 2 oz)
Potato Wedges (1/4 cup)
Baked Beans (1/4 cup)
Mixed Fruit Cup (1/2 cup)
Mayo (12 gm)
Ketchup (12 gm)

05

TUESDAY



Chicken Tenders (2 oz)
Mashed Potatoes (1/2 cup),
Gravy (1/8 cup), Ranch (1 oz)
Dinner Roll 1 oz, Marg
Sweet Corn (1/2 cup)
Banana (1/2 cup)

06

WEDNESDAY



Pizza Hut Pepp Pizza (6 oz)
Garden Salad (1 1/4 cup)
(lettuce 1 c., tomatoes, 1/4 c.,
carrots, 1/4 c., cukes 1/4 c.)
Dressing Packet (12 gm)
Peach Cup (1/2 c)

07

THURSDAY



Meatball Sub (5.5 oz)
(WG Bun 2 oz, Meatballs 1.5
oz, Spaghetti Sauce 1/2 cup)
Garlic Green Beans (1/2 cup)
Mandarin Oranges (1/2 cup)

08

FRIDAY



Cheeseburger (5.5 oz)
(Beef Patty 3 oz, Cheese .5 oz,
W/G Bun 2 oz)
Steamed Broccoli (1/4 cup)
Diced Strawberry Cup (1/2
cup)
Ketchup (12 gm), Mustard (9
gm)

09

Dutch Waffle (2 oz)
w/syrup (1 oz)
Sausage (1 oz)
Tater Tots (1/4 cup)
Apple/Apple Slices (1/2 cup)
Ketchup (12 gm)

12

Nacho Grande (Beef 1.5 oz,
Cheese 1.5 oz, Chips 1 oz)
Sweet Corn (1/2 cup)
Salsa (1/2 cup)
Diced Pineapple (1/2 cup)
Taco Sauce (12 gm)

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Cocca's Pepp. Pizza (6 oz)
Garden Salad (1 1/4 cup)
(lettuce 1 c., tomatoes, 1/4 c.,
carrots, 1/4 c., cukes 1/4 c.)
Dressing Packet (12 gm)
Peach Cup (1/2 c)

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Chicken Patty Sandwich
(Chicken 3 oz, WG Bun 2 oz)
Carrots & Broccoli (1/4 cup)
Mandarin Oranges (1/2 cup)
Annie's Grahams (1 oz)
Mayo (12 gm), Ketchup (12 gm)

15

Hot Ham & Cheese Sandwich (4
oz)
(WG Bun 2 oz, Ham 1.5 oz,
Cheese .5 oz)
Carrots (1/2 cup), Ranch (1 oz)
Dole Fruit Cup (1/2 cup)
Smart Snack Chips (1 oz)
Ketchup (12 gm), Mustard 9 gm)

16



9

Chicken Patty Sandwich
(Chix 2.7 oz, W/G Bun 2 oz)
Sweet Corn (1/2 cup)
Mixed Fruit Cup (1/2 cup)
Smart Snack Cookie (1 oz)
Mayo (12 gm), Ketchup (12 gm)

20

Pepperoni Pizza (6 oz)
Garden Salad (1 1/4 cup)
(lettuce 1 c., tomatoes, 1/4 c.,
carrots, 1/4 c., cukes 1/4 c.)
Dressing Packet (12 gm)
Peach Cup (1/2 c)

21

Cheeseburger
(Beef Patty 3 oz, Cheese .5 oz,
W/G Bun 2 oz)
Seasoned Green Beans (1/2 cup)
Diced Pineapple Cup (1/2 cup)
Ketchup (12 gm), Mustard (9 gm)

22

Chicken Burrito (4.5 oz)
(Chix 1.5 oz, Cheese 1 oz,
Tortilla 2 oz)
Salsa (1/2 cup)
Sweet Corn (1/2 cup)
Oranges Wedges (1/2 cup)

23

Tony's Cheese (5.5 oz ea)
Garlic Green Beans (1/2 cup)
Mixed Fruit Cup (1/2 cup)
Fruit Snack (1 oz)

26

Cheesy Spaghetti
w/meatballs (5.5 oz) (Spag 1.5
oz, Meat 1.5 oz, Sauce 1/4 cup,
Cheese .5 oz), Carrots (1/2
cup)
Ranch (1 oz)
Dole Fruit Cup (1/2 cup)

27

Papa John's Pepp Pizza (6 oz)
Garden Salad (1 1/4 cup)
(lettuce 1 c., tomatoes, 1/4 c.,
carrots, 1/4 c., cukes 1/4 c.)
Dressing Packet (12 gm)
Peach Cup (1/2 cup)

28

Beef Hot Dog (4 oz)
(Hot Dog 2 oz, WG Bun 2 oz)
Potato Wedges (1/4 cup)
Baked Beans (1/4 cup)
Applesauce (1/2 cup)
Ketchup (12 gm), Mustard (9
gm)

29

Nacho Grande (Beef 1.5 oz,
Cheese 1.5 oz, Chips 1 oz)
Sweet Corn (1/2 cup)
Salsa (1/2 cup)
Diced Pineapple (1/2 cup)
Taco Sauce (12 gm)

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Menu Subject to Change
8 oz Milk Served w/Meals

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