



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



LUNCH

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

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



9

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

26

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

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)

13

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

Menu Subject to Change
8 oz Milk Served w/Meals

USDA is an equal opportunity provider, employer and lender.

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



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



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

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

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

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)

30

THURSDAY

FRIDAY



JANUARY 2026