

The Co-op Family Center

January 2026 Menu

Monday	Tuesday	C	Thursday	Friday
<p>1/5 Breakfast: Honey bunches of O's, bananas, milk Lunch: Tomato pasta soup, cheese stick, carrots, honeydew, milk Snack: Yogurt, peaches, water</p>	<p>1/6 Breakfast: French toast, applesauce, milk Lunch: Bean & cheese quesadilla, sweet potato, watermelon, milk Snack: Kale dip, breadstick, water</p>	<p>1/7 Breakfast: Applesauce pancake, blueberries, milk Lunch: Multi bean soup, rolls, shredded cheese, cantaloupe, milk Snack: Cheese slices, grapes, water</p>	<p>1/8 Breakfast: Cream of wheat, mixed berries, milk Lunch: Vegetable fried rice, tofu bites, pineapple, milk Snack: Bran muffins, milk</p>	<p>1/9 Breakfast: Potato cheese pita, oranges, milk Lunch: Spinach lasagna, spaghetti squash, pears, milk Snack: Celery, raisins, peanut butter, water</p>
<p>1/12 Breakfast: Cheerios, banana's milk Lunch: Spaghetti, shredded cheese, cauliflower, honeydew, milk Snack: Garden spread, wheat thins, water</p>	<p>1/13 Breakfast: Sweet potato pancakes, applesauce, milk Lunch: Chimichangas, zucchini, cantaloupe, milk Snack: Carrots, peppers, broccoli, dip, milk</p>	<p>1/14 Breakfast: Pumpkin waffles, oranges, milk Lunch: Mexican rice, black beans, corn, watermelon, milk Snack: Apples, cheese cubes, water</p>	<p>1/15 Breakfast: Oat fruit squares, mixed berries, milk Lunch: Minestrone soup, bread stick, cheese stick, pears, milk Snack: Smoothies, pretzels, water</p>	<p>1/16 Breakfast: Scrambled eggs, hash browns, milk Lunch: Pan fried noodles, tofu bites, broccoli, pineapple, milk Snack: Banana bread, milk</p>
<p>1/19 CLOSED FOR HOLIDAY</p>	<p>1/20 Breakfast: Life cereal, bananas, milk Lunch: Quick bake potatoes, cottage cheese, rolls, cantaloupe, milk Snack: Baby bel cheese, mandarin oranges, water</p>	<p>1/21 Breakfast: Blueberry pancakes, applesauce, milk Lunch: Lentil soup, shredded cheese, oyster crackers, honeydew, milk Snack: Pizza bites, milk</p>	<p>1/22 Breakfast: Breakfast burritos, oranges, milk Lunch: Tacos with pinto beans corn tortillas, cheese, coleslaw, pineapple, milk Snack: Morning glory muffins, milk</p>	<p>1/24 Breakfast: Waffles, mixed berries, milk Lunch: Mac & cheese, peas corn & carrots, watermelon, milk Snack: Apples & peanut butter, water</p>
<p>1/26 Breakfast: Kix cereal, bananas, milk Lunch: Baked ziti, delicata squash, honeydew, milk Snack: Cheese ball, triscuits, milk</p>	<p>1/27 Breakfast: Bagels, cream cheese, oranges, milk Lunch: One step rice, cauliflower, cantaloupe, milk Snack: Peanut butter roll-ups, milk</p>	<p>1/28 Breakfast: Egg & cheese sandwich bites, applesauce, milk Lunch: Grilled cheese sandwich, veggies potato salad, pears, milk Snack: Bean dip, pita chips, water</p>	<p>1/29 Breakfast: Oatmeal, mixed berries, milk Lunch: Bean burrito, sweet potatoes, watermelon, milk Snack: Grapes, kiwi, strawberries, dip, milk</p>	<p>1/30 Breakfast: Yogurt, granola, blueberries, milk Lunch: Pizza, garden salad, pears, milk Snack: Trail mix, apple juice</p>

The Co-op Family Center is an equal opportunity provider