



BREAKFAST

JANUARY 2026

Beatrice Mayes Institute

Monday

Professional Development Day **5**

Cowboy Bread
Graham Crackers
Sliced Apples
Milk **12**

MLK Holiday **19**

Mini Bagel w/
Strawberry Cream Cheese
Graham Crackers
Sliced Pears
Milk **26**

Tuesday

Cinni Mini
Graham Crackers
Pineapple Tidbits
Milk **6**

Yogurt
Granola
Fruit Cocktail
Milk **13**

Kolache
Graham Crackers
Mixed Fruit
Milk **20**

Pop Tart
Graham Crackers
Pineapple Tidbits
Milk **27**

Wednesday

Kolache
Graham Crackers
Mandarin Oranges
Milk **7**

Mini Bagel w/
Strawberry Cream Cheese
Graham Crackers
Sliced Pears
Milk **14**

Muffin Top
Graham Crackers
Diced Peaches
Milk **21**

Breakfast Pizza
Graham Crackers
Sliced Peaches
Milk **28**

Thursday

1
Winter Break **2**

Pop Tart
Graham Crackers
Mixed Fruit
Milk **8**

Muffin Top
Graham Crackers
Sliced Peaches
Milk **15**

Cinni Mini
Graham Crackers
Pineapple Chunks
Milk **22**

Yogurt
Muffin Top
Fruit Cocktail
Milk **29**

Friday

Breakfast Pizza
Graham Crackers
Diced Pears
Milk **9**

Turkey Sausage
Cheese Wrap
Graham Crackers
Mandarin Oranges
Milk **16**

Yogurt
Granola
Sliced Apples
Milk **23**

Cowboy Bread
Graham Crackers
Sliced Apples
Milk **30**



JANUARY 2026

Beatrice Mayes Institute

Monday

Professional Development Day 5

Sloppy Joe
Seasoned Fries
Baked Beans
Sliced Apples
Milk 12

MLK Holiday 19

Yummy Beef and Cheese
Nachos
Refried Beans
Steamed Broccoli
Sliced Pears
Milk 26

Tuesday

Braised Meatballs w/Gravy
Mashed Potatoes
Spinach
Pineapple Tidbits
Milk 6

Chicken Tortilla Soup
Celery Sticks
Glazed Carrots
Fruit Cocktail
Milk 13

Italian Spaghetti w/
Gr. Beef Meat sauce
Green Beans
Spring Mixed Salad w/
Cherry Tomatoes
Mixed Frut
Milk 20

Homestyle Meatloaf w/Gravy
Scalloped Potatoes
Steamed Broccoli
Pineapple Tidbits
Milk 27

Wednesday

Golden Chicken Sandwich
Sweet Potato Fries
Mixed Vegetables
Mandarin Oranges
Milk 7

Golden Chicken Tenders
Mixed Vegetables
Spring Mixed Salad w/
Cherry Tomatoes
Sliced Pears
Milk 14

Golden Chicken Nuggets
Sweet Potato Fries
Sweet Peas
Diced Peaches
Milk 21

Chicken Quesadilla
Refried Beans
Corn
Sliced Peaches
Milk 28

Thursday

1 Winter Break 2

Italian Spaghetti w/
Gr. Beef Meat sauce
Green Beans
Spring Mixed Salad w/
Cherry Tomatoes
Mixed Fruit
Milk 8

Deli Turkey Sandwich
Petite Carrots
Celery Sticks
Sliced Peaches
Milk 15

Texas Chili Dog
Seasoned Fries
Pinto Beans
Diced Pears
Milk 9

Monterey Beef Tacos
Black Beans
Corn
Mandarin Oranges
Milk 16

Classic Salisbury Steak
w/Gravy
Scalloped Potatoes
Mustard Greens
Pineapple Chunks
Milk 22

All American Cheeseburger
Seasoned Fries
Mixed Vegetables
Sliced Apples
Milk 23

Braised Meatballs w/Gravy
Mashed Potatoes
Spinach
Fruit Cocktail
Milk 29

Golden Corn Dog
Sweet Potato Fries
Green Beans
Sliced Apples
Milk 30