



January 12th is National Gluten Free Day. Start the day with gluten free whole grain cereal or foods that are naturally gluten free like yogurt and fruit.

BREAKFAST

MONDAY



WG UBR Bar	1 pkg
String Cheese	1 ea.
Fruit Cup	4 oz
Juice Cup	4 oz
Milk	8 FL

05

TUESDAY



WG Assorted Muffins	1 ea.
Yogurt	1 ea.
Fruit Cup	4 oz
Juice Cup	4 oz
Milk	8 FL

06

WEDNESDAY



WG Pancakes	1 pkg
String Cheese	1 ea.
Fruit Cup	4 oz
Juice Cup	4 oz
Milk	8 FL

07

THURSDAY

*WG = Whole Grain
1 percent milk
provided daily.

01

WG Mini Cinni Roll	1 pkg
Yogurt	1 ea.
Fruit Cup	4 oz
Juice Cup	4 oz
Milk	8 FL

08

FRIDAY

NO
SCHOOL

02

Scrambled Eggs	2 oz
Asst WG Muffin	2 oz
Fruit Cup	4 oz
Juice Cup, Milk	4 oz, 8FL

09

Cheese Omelet	1 ea.
Hashbrown	1 ea.
Fruit Cup	4 oz
Juice Cup, Milk	4oz, 8 FL

12

WG Pancakes	1 pkg
String Cheese	1 ea.
Fruit Cup	4 oz
Juice Cup	4 oz
Milk	8 FL

13

WG Assorted Cereal 3/4C	
Yogurt	1 ea.
Fruit Cup	4 oz
Juice Cup	4 oz
Milk	8 FL

14

WG Assorted Muffins	1 ea.
Yogurt	1 ea.
Fruit Cup	4 oz
Juice Cup	4 oz
Milk	8 FL

15

WG UBR Bar	1 pkg
String Cheese	1 ea.
Fruit Cup	4 oz
Juice Cup	4 oz
Milk	8 FL

16

NO
SCHOOL

19

WG Mini Cinni Roll	1 pkg
Yogurt	1 ea.
Fruit Cup	4 oz
Juice Cup	4 oz
Milk	8 FL

20

WG Assorted Muffins	1 ea.
String Cheese	1 ea.
Fruit Cup	4 oz
Juice Cup	4 oz
Milk	8 FL

21

WG Pancakes	1 pkg
String Cheese	1 ea.
Fruit Cup	4 oz
Juice Cup	4 oz
Milk	8 FL

22

Scrambled Eggs	2 oz
Asst WG Muffin	2oz
Fruit Cup	4 oz
Juice Cup	4 oz
Milk	8 FL

23

Cheese Omelet	1 ea.
Hashbrown	1 ea.
Fruit Cup	4 oz
Juice Cup	4 oz
Milk	8 FL

26

Assorted WG Muffin	1 ea.
String Cheese	1 ea.
Fruit Cup	4 oz
Juice Cup	4 oz
Milk	8 FL

27

WG Mini Cinni Roll	1 ea.
Yogurt	1 ea.
Fruit Cup	4 oz
Juice Cup	4 oz
Milk	8 FL

28

WG Assorted Cereal 3/4C	
Yogurt	1 ea.
Fruit Cup	4 oz
Juice Cup	4 oz
Milk	8 FL

29

Pancake
Breakfast
For Lutheran
week

30



St. John's Lutheran School

*This institution is an equal opportunity provider.

JANUARY 2026



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 **Lutheran week: : Eighth Grade Picked Week of January 26-30.**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WG Chicken Patty on a WG Bun 1 ea.
Tater Tots 4 oz
Baked Beans 4 oz
Fruit, Milk 4 oz, 8 FL

WG Spaghetti 6 oz
w/Sauce 4 oz
WG Breadstick 1 ea.
Steamed Broccoli 4 oz
Fruit, Milk 4 oz, 8 FL

Chicken Taco's 3 oz, 1 ea.
w/Fixings 1oz, 1 oz
Refried Beans 4 oz
Fruit 4 oz
Milk 8 FL

***Fresh Vegetables Available Daily**

***WG =Whole Grain
1 percent milk provided daily.**

Cheeseburger on a WG Bun 1 ea.
Tater Tots 4 oz
Baked Beans 4 oz
Fruit, Milk 4 oz 8 FL

Popcorn Chicken 4 oz
Mashed Potato w/Gravy 4oz
WG Dinner Roll 1 ea.
Steamed Corn 4 oz
Fruit, Milk 4 oz, 8 FL

WG Grilled Cheese 1 ea.
Tomato Soup 4 oz
Steamed Peas 4 oz
Fruit 4 oz
Milk 8 FL

*Pulled Pork 3 ea.
WG Bun 1 ea.
Smile Fries 1 ea.
Fruit, Green Beans 4 oz.
Milk 8 FL

WG Chicken Patty 1 ea.
WG Bun 1 ea.
Brown Rice 3/4c
Fruit 4 oz
Milk 8 FL

NO SCHOOL

Beef Hot Dog /Bun 1 ea.
Smile Fries 4 oz
Baked Beans 4 oz
Fruit, Milk 4 oz, 8 FL

Chicken Alfredo 4 oz, 6oz
WG Breadstick 1 ea.
Steamed Broccoli 4 oz
Fruit, Milk 4 oz, 8 FL

Beefy Nachos 1 ea.
Salsa 2 oz
Refried Beans 4 oz
Fruit, Milk 4 oz, 8 FL

WG Cheese Pizza 1 ea.
Baby Carrots w/Ranch 4oz
Cookie 1 ea.
Fruit, Milk 4 oz, 8 FL

WG Chicken Patty 1 ea.
Tater Tots 4 oz
Green Beans 4 oz
Fruit, Milk 4 oz, 8 FL

WG Orange Chicken 4 oz
Brown Rice 3/4c
Steamed Broccoli 4 oz
Fruit, Milk 4 oz, 8 FL

Walking Tacos w/Fixing 1e
Refried Beans 4 oz
Fruit 4 oz
Milk 8 FL

WG Popcorn Chicken 4 oz
Mashed Potatoes/Gravy 4oz
Steamed Corn 4 oz
Fruit, Milk 4oz, 8 FL

WG Italian Dunkers 1 ea.
Marinara Sauce 2 oz
Baby Carrots w/Ranch 4 oz
Fruit, Milk 4 oz, 8 FL



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