

# [Insert Public School Unit] Breakfast Menus for January 2026

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  | January 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| January 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 6 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 7 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| January 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 13 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 14 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| January 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 20 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 21 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| January 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 27 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |

## Nutrition Byte

### Enjoy More Family Mealtime Together!

Did you know family mealtime offers many benefits? Families who eat together tend to eat healthier, choosing more fruits, vegetables, and calcium-rich foods. Mealtime offers time to practice communication and teamwork. Family members can work together to prepare meals, check in with each other about their day, and help each other problem solve any issues in their lives. Regular family mealtime offers structure, increases family connections, and can reduce stress. Did you know it can also help with school? It is a great opportunity to talk about classes and assignments and ask questions. For younger kids, talking during mealtime can help build their vocabulary. Youth of all ages tend to have better grades and overall academic achievement. Strive to enjoy family meals together!

* Plan one more meal together each week. Count how many times you eat together now. If you do not eat together every day, try to add one more family mealtime. If dinnertime is too hectic, aim to eat breakfast or lunch together.
* Plan and prepare tasty meals together. Everyone can choose a favorite option each week. Try to divide up tasks to shop, prepare, set the table, etc. for meals.
* Plan to enjoy conversation and time together. Share stories, memories, and jokes.
* Plan for a device free zone – no TVs, phones, etc. Remove distractions and focus on enjoying time together.



# [Insert Public School Unit] Lunch Menus for January 2026

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  | January 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | January 2 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| January 5 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | January 6 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | January 7 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | January 8 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | January 9 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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