

FOREST CITY REGIONAL PRE-K
JANUARY MENU 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>* 1% Unflavored Milk Served Daily *</p> <p>* All Grains offered are at least 51% Whole Grain *</p> <p>* <u>Alternates Available Daily</u> Sun Butter & Jelly Sandwich *</p> <p>* <u>Daily Fruit Possibilities:</u> Canned, Dried, or Fresh Fruit (Apples, Oranges, Bananas, Pears, Peaches, Pineapple, Mixed Fruit, Raisins, Fruit in Season) *</p> <p>* <u>Daily Veggie Possibilities:</u> Featured Hot Veggie or Raw Vegetables (Cucumbers, Celery, Carrots, Broccoli) *</p> <p>* <u>Healthy Snack for Home & School</u> Apple Slices w/Peanut Butter *</p>	<div style="text-align: center;">  <p>FREE SCHOOL BREAKFAST NOW AVAILABLE FOR ALL STUDENTS</p> <p><u>The Governor's School Breakfast Challenge</u></p> <p>Schools will be recognized for increasing breakfast participation while incorporating sustainable changes that include more nutritious and local foods. Help our school meet the goals of the Governor's Challenge by encouraging your child(ren) to participate in school breakfast during January, February, and March</p> </div>				
	5 Boneless Wings Homemade Wing or BBQ Sauce Oven Crisp Fries Baby Carrots w/Ranch Dinner Roll Apple Slices <u>Alternate</u> Hot Dog	6 Taco Meat over Tortillas w/All the Fixin's Buttery Corn Black Bean Salad Strawberry Cup <u>Alternate</u> Hot Dog	7 Tortellini w/Sauce Garlic Bread Steamed Broccoli Pears <u>Alternate</u> Hot Dog	8 Chicken & Cheese Hoagie Spiral Fries Orange Smiles <u>Alternate</u> Hot Dog	9 French Bread Pizza Buttery Green Beans Pineapple Cup <u>Alternate</u> Hot Dog
	12 Turkey & Cheese Pretzel Melt Oven Crisp Fries 3 Bean Salad Peachy Peaches <u>Alternate</u> Ham & Cheese	13 Grilled Cheese Tomato Soup Goldfish Crackers Steamed Broccoli Pears <u>Alternate</u> Ham & Cheese	14 Rotini Pasta w/Meat Sauce Garlic Breadstick Buttery Green Beans Mandarin Oranges <u>Alternate</u> Ham & Cheese	15 Popcorn Chicken w/Ketchup or BBQ Mashed Potatoes Gravy Cucumbers w/Ranch Applesauce <u>Alternate</u> Ham & Cheese	16 Max Stix w/Marinara Sauce Glazed Carrot Coins Craisins <u>Alternate</u> Ham & Cheese
	19 No School	<u>Brunch for Lunch</u> French Toast Sticks Syrup Tater Tots Sausage Patty Orange Smiles <u>Alternate</u> Turkey & Cheese	21 Penne Pasta w/Meatballs Garlic Breadstick Buttery Green Beans Pears <u>Alternate</u> Turkey & Cheese	22 Mini Turkey Corn Dogs Oven Crisp Fries Pineapple Cup <u>Alternate</u> Turkey & Cheese	23 New York Style Pizza Glazed Carrot Coins Applesauce <u>Alternate</u> Turkey & Cheese
	26 Chicken Tenders w/Ketchup or BBQ Potato Wedges Baby Carrots w/Ranch Apple Slices <u>Alternate</u> Ham & Cheese	27 Hamburger or Cheeseburger Lettuce & Tomato Pasta Salad Baked Beans Strawberry Cup <u>Alternate</u> Ham & Cheese	28 Chicken Alfredo over Pasta Garlic Breadstick Steamed Broccoli Pears <u>Alternate</u> Ham & Cheese	29 Pulled Pork Sandwich Plain or BBQ Roasted Potatoes Orange Smiles <u>Alternate</u> Ham & Cheese	30 Pepperoni Calzone w/Marinara Sauce Gold'n Corn & Carrots Pineapple Cup <u>Alternate</u> Ham & Cheese

JANUARY BREAKFAST MENU 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Cereal Graham Crackers Fruit and/or Juice Milk	Assorted Cereal Graham Crackers Fruit and/or Juice Milk	Assorted Cereal Graham Crackers Fruit and/or Juice Milk	Assorted Cereal Graham Crackers Fruit and/or Juice Milk	Assorted Cereal Graham Crackers Fruit and/or Juice Milk

Menu subject to change.

Pre-K Breakfast and Lunch Meals are Free

This institute is an equal opportunity provider and employer