Jesup Comm Schools

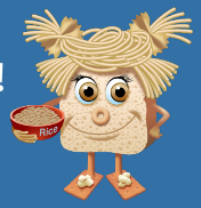
JANUARY 2026 LUNCH

Discover MyPlate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 HAPPY NEW YEAR !!	2 NO SCHOOL
5 Grilled Chicken w/ WG Bun Mixed Veggies Veggie Juice Raisels	6 Beef Burrito Salsa Cucumber Slices Banana LC Ranch Cup	7 WG Boneless Chicken Wings Potato Wedges Carrot Sticks Diced Pears LC Ranch Cup	8 "Sea Shape" WG Fish Nugget Baked Beans Grape Tomatoes 100% Juice Freeze Pop LC Ranch Cup	9 Cheese Garlic French Bread Fresh Romaine Marinara Diced Peaches LC Ranch Cup Ice Cream Bar
12 Beef Fiestada Toss Salad Grape Tomatoes Applesauce Cup LC Ranch Cup	13 Sloppy Joe w/ WG Bun Green Beans Fresh Broccoli Mandarin Orange LC Ranch Cup	14 "BREAKFAST" Pancake Sausage Wrap Hashbrown Patty Celery Sticks 100% Juice Cup LC Ranch Cup	15 Hot Ham & Cheese w/ WG Bun Baked Beans Cucumber Slices Apple Slices LC Ranch Cup	16 Uncrustable or Sunbutter Carrot Sticks Veggie Juice Fruit Gel Cup LC Ranch Cup Sherbet
19 NO SCHOOL	20 Beef Taco Stick Salsa Fresh Broccoli Banana LC Ranch Cup	21 Hamburger w/ WG Bun Smiley Fries Tomato Slice Diced Strawberries LC Ranch Cup	22 BBQ Rib w/ WG Bun Baked Beans Carrot Sticks Raisels LC Ranch Cup	23 Pizza Crunchers Marinara Toss Salad Diced Peaches LC Ranch Cup Ice Cream Sandwich
26 Breaded Corn Dog Steamed Carrots Veggie Juice Apple	27 Chicken Quesadilla Corn Celery Sticks Kiwi LC Ranch Cup	28 Toasted 4 Cheese Ravioli Marinara Romaine Fruit Gel Cup LC Ranch Cup	29 Hot Dog w/ WG Bun Baked Beans Carrot Sticks Mixed Fruit LC Ranch Cup	30 Stuffed Crust Pizza Cucumber Slices Grape Tomatoes Orange LC Ranch Cup Frozen Yogurt

Where do baby apes sleep?

In apricots!



ALTERNATES

served on a whole grain bun

Jan 5 – 9
Ham & Cheese
Jan 12 – 16
Combo Sub
Jan 19 – 23
Turkey Cheese Wrap
Jan 26 – 30
Cold Ham

What am I?

I am a red or black fruit that can stain your hands when you eat me. I grow on bushes and I taste good on your cereal.

Blackberries/raspberries

This institution is an equal opportunity provider.

A nutrient is something found in food that gives us energy to play hard, strengthening our bones and muscles, keeping us healthy, keeping our skin glowing. Examples of nutrients: Folate, Vitamin C, Vitamin A, Carbohydrate, Iron, Potassium, Fats, Protein, and Fiber.

TEAM NUTRITION IOWA