## **JANUARY 2026**

18 Days lilk and Juice served with Meal

Allen Grade School



"Maintaining a healthy lifestyle will help you manage stress. Eat a healthy diet, exercise regularly and get enough sleep. Make a conscious effort to spend less time in front of a screen — television, tablet, computer and phone — and more time relaxing." (<a href="https://www.mayoclinic.org">www.mayoclinic.org</a>)



## **JANUARY 2026**

Allen Grade School

11/1	Monday	Tuesday *	Wednesday	Thursday	Friday
		***	**************************************	NO SCHOOL	NO SCHOOL
	NO SCHOOL	Grilled Chicken Breast Mashed Potatoes w/ Gravy Corn Pineapple	Hot Dog on Bun Tator Tots Corn Mandarin Oranges	Chicken Strips Alfredo Pasta Carrots Mixed Fruit	Pizza Salad Broccoli Pears
	Hamburger on Bun Fries Baked Beans Peach Cup	Sliced Turkey Mashed Potatoes w/Gravy Peas Mandarin Oranges	Toasted Cheese Ravs Marinara California Blend Mixed Fruit	Chicken & Cheese Tacos Salad Corn Applesauce	Grilled Cheese Sandwich Tomato Soup Carrot Sticks Pears
	NO SCHOOL	Breaded Chicken Patty <sup>20</sup> on Bun Chips and Salsa Broccoli Applesauce	11:30a Dismissal PB & J Chips and Salsa Slushy Cup Fruit Cup	Spaghetti w/Meat Sauce Green Beans Peaches	Pizza Quesadilla Salad Carrots Mandarin Oranges
	Bosco Sticks Marinara Broccoli Pears	Chicken Strips Mashed Potatoes w/Gravy Peas Mixed Fruit	BBQ on Bun Sweet Potato Fries Baked Beans Applesauce	Sliced Ham Cheesy Hashbrown Cass. Green Bean Cass. Pineapple	Pizza Carrots Peas Peaches