



January Vegetarian 2026



Monday	Tuesday	Wednesday	Thursday	Friday
	Remember to call before 9:30 to reserve your lunch 402-444-6529			
5	6	7	8	9
Meals from EHOA	Meals from EHOA	Meals from EHOA	Meals from EHOA	Meals from EHOA
12	13	14	15	16
Veggie Burger w/ Lettuce, Tomatoes & Onion	Quinoa w/ Cilantro & Onion	Veggie Alfredo Fettucini Steamed Corn w/ Red Peppers	Vegetable Soup Veggie Wrap	Stir fry veggies Rice Pilaf
Tator Tots	Yellow Rice	Grapes	Green peas with butter	Pico de Gallo
Apple Slices	Steamed Corn	Garlic Bread	Pineapple	Grilled Squash
Skim Milk	Banana	Skim Milk	Skim Milk	Corn Tortilla
	Milk			Oatmeal Cookies
19	20	21	22	23
Martin Luther King Jr. Day	Noodle Soup W/ Carrots & Celery Garlic Bread Grilled Cheese	Sautéed Vegetables White Rice	Loaded Cheesy Nachos w/Cilantro, Jalapeno & Onions	Baked Quinoa rice w/ veggie
	Cesar Salad	Bok Choy Stir-Fry	Corn in the cob	Green Salad
	Grapes	Sliced Apple	Refried Beans	Sliced Bread
	Skim Milk	Skim Milk	Melon	Strawberry
	Mandarin Oranges	Skim Milk	Skim Milk	Skim Milk
26	27	28	29	30
Baked Lentils	Veggie Soup	Cheese Quesadillas	Spaghetti	Cheese Pizza
Baked potato w/ sour cream	w/ Corn, Carrot, Zucchini	Shredded Lettuce & Tomatoes w/ Sour Cream & Fresh Cheese	Corn Casserole Green salad	Cesar Salad Carrots
Garlic bread	Mexican Rice	Refried Beans	Garlic Bread	Strawberries
Watermelon	Cesar Salad/Drag	Melon	Grapes	Skim Milk
Skim Milk	Dinner Roll/Margaritas	Skim Milk		

PLEASE NOTE: THESE MEALS MAY CONTAIN THE FOLLOWING ALLERGENS: * Peanuts * Tree Nuts * Seafood* Shellfish * Soy * Eggs * Milk * Wheat * Sesame.

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