

# JANUARY 2026

## Interesting Facts about this month....

The January birth flower is the snowdrop, a white flower that blooms in the coldest months of winter.

National Oatmeal Month January is celebrated as National Oatmeal Month.

National Soup Month January is celebrated as National Soup Month.

Bubble Wrap Appreciation Day last Monday in January.

Hoppin' John for Good Luck a traditional New Year's Day dish on January 1.

Z Day January 1 is for those whose last name begins with Z to go first instead of last

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			<b>New Year's Day</b>  <b>Senior Center Closed</b>	Turkey Pesto Club on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Fresh Apple 1% or Skim Milk
Monday 1/5/2026	Tuesday 1/6/2026	Wednesday 1/7/2026	Thursday 1/8/2026	Friday 1/9/2026
<b>Straw. Whip Cream Day</b> Egg Salad on Croissant w/ Lettuce & Tomato Carrot Raisin Salad Strawberries & Whip Cream over Waffle Biscuit 1% or Skim Milk	Ham BLT Salad Diced Ham, Chopped Bacon & Diced Tomatoes over Mixed Greens Salad Croutons 100% Grape Juice Cinnamon Applesauce 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Fruit Punch Juice Oatmeal Cream Pie 1% or Skim Milk	Tuna Salad on WG Bread w/ Lettuce & Tomato Potato Salad Fruit Cocktail 1% or Skim Milk	<b>Apricot Day</b> Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Mixed Greens w/ Greek Feta Dressing 100% Apple Juice/Crackers Apricot Halves 1% or Skim Milk
Monday 1/12/2026	Tuesday 1/13/2026	Wednesday 1/14/2026	Thursday 1/15/2026	Friday 1/16/2026
Turkey & Cheddar with Leaf Lettuce & Tomato on a Bun Marinated Vegetable Salad Fresh Orange 1% or Skim Milk	Sliced Ham & American on Wheat Bread w/ Lettuce & Tomato Coleslaw Pineapple Tidbits 1% or Skim Milk	Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Salad Crackers (2pk) 100% Apple Juice Birthday Cake or Plain Cake 1% Milk	Roast Beef & Swiss on Marble Bread w/ Lettuce & Tomato Carrot Raisin Salad Strawberries & Peaches 1% or Skim Milk	<b>Fig Newton Day</b> Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Fig Newton 1% or Skim Milk
Monday 1/19/2026	Tuesday 1/20/2026	Wednesday 1/21/2026	Thursday 1/22/2026	Friday 1/23/2026
 <b>Martin Luther King Jr.            Holiday</b> <b>Senior Center Closed</b>	Ham & American Cheese Cheese on Vienna Bread w/ Lettuce & Tomato Carrot Raisin Salad Sliced Pears 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing Croutons Mixed Greens Entrée Salad 100% Grape Juice Fudge Round or Diet Cookies 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef & American Cheese on Wheat Hoagie Bun w/ Leaf Lettuce & Tomato Coleslaw Pineapple Tidbits 1% or Skim Milk	Ham Chef Salad Diced Ham, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Mandarin Oranges 1% or Skim Milk
Monday 1/26/2026	Tuesday 1/27/2026	Wednesday 1/28/2026	Thursday 1/29/2026	Friday 1/30/2026
Creamy Crab Salad on WG Mini Hoagie Bun w/ Lettuce & Tomato Coleslaw Sliced Peaches 1% Milk	Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Entrée Salad Crackers (2pk) 100% Apple Juice Fruit Cocktail 1% or Skim Milk	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Entrée Salad Crackers (2pk) 100% Apple Juice Cinnamon or Plain Apple Slices 1% or Skim Milk	Turkey & Cheddar Cheese on WG Bread w/ Leaf Lettuce & Tomato Potato Salad Vannila Pudding or Diet Pudding 1% or Skim Milk	Egg Salad on Croissant w/ Lettuce & Tomato Three Bean Salad Strawberries & Pears 1% or Skim Milk
<b>**These Meals may contain the following allergens: Peanut, Tree Nuts, Seafood, Shellfish, Soy, Eggs, Milk, Wheat, and Sesame Seeds**</b>				