

January 2026

Cincinnati College Preparatory Academy Breakfast/Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

People born in January fall under the zodiac signs of Capricorn (December 22 – January 19) or Aquarius (January 20 – February 18). The birthstone for January is garnet.

WINTER RECESS

5

WG Nutri Grain Bar,
Cracker, Juice & Fruit

Spaghetti w/Beef
Meatsauce, Romaine
Salad & Fruit

6

WG Toaster Pastry,
Juice & Fruit

Chicken Soft Taco,
Mexican Corn & Fruit

7

WG Granola Bar, Juice
& Fruit

Beef Chili Mac, Red
Beans & Fruit

1

WINTER RECESS

2

WINTER RECESS

WG Cereal, Cracker,
Juice & Fruit

Loaded Chicken Baked
Potato, WG Roll &
Fruit

12

WG Muffin, Juice &
Fruit

Baked Ziti Pasta,
Romaine Salad & Fruit

13

WG Danish, Juice &
Fruit

Breaded Chicken, WG
Bun, Green Beans &
Fruit

14

WG Oatmeal Bar,
Cracker, Juice & Fruit

Beef Meatball Sub, WG
Bun, Glazed Carrots &
Fruit

15

WG Biscuit, Turkey
Sausage, Juice & Fruit

Chicken Corn Dog,
Baked Beans & Fruit

16

MARTIN LUTHER
KING DAY

19

WG Toaster Pastry, Juice
& Fruit

Beef Cheeseburger, WG
Bun, Potatoes & Fruit

20

WG Waffle, Juice &
Fruit

Chicken Pasta Alfredo,
Broccoli & Fruit

21

WG Granola, Yogurt,
Juice & Fruit

Chicken Teriyaki, Rice,
Sweet Peas & Fruit

22

Breakfast Casserole,
Juice & Fruit

WG Pizza, Carrots &
Fruit

23

WG Cereal, Cracker,
Juice & Fruit

Beef Sloppy Joe, WG
Bun, Baked Beans &
Fruit

26

WG Bagel & Cream
Cheese, Juice & Fruit

Chicken & Noodles,
Mixed Vegetables &
Fruit

27

WG Cereal Bar,
Cracker, Juice & Fruit

Beef Taco, Mexican
Corn & Fruit

28

WG Cereal, Cracker, Juice
& Fruit

Spaghetti & Beef
Meatballs, Carrots & Fruit

29

WG Pancakes, Turkey
Bacon, Juice & Fruit

3 Way Chili, WG Pasta,
Romaine Salad & Fruit

30

Breakfast Menu Consist of the
Following:

- 1 c Vegetable/Fruit
- 2 oz eq. – whole grain (gr)
- 1 c Fluid Milk (1% or skim)

Lunch Menu Consist of the
Following:

- 2 oz eq Meat/Meat Alternative (m/ma)
- $\frac{3}{4}$ c Vegetable
- $\frac{1}{2}$ c Fruit
- 1 oz eq. – whole grain
- 1 c Fluid Milk (1% or skim)
- WG – whole grain

No Pork or Peanut Products
Served

All Meals Served with
Nonfat Chocolate or 1%
White Milk

Menu Items Subject to
Change

"USDA is an equal opportunity
provider, employer and
lender."