

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.

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)
- ¾ c Vegetable
- ½ 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

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WINTER RECESS

WG Nutri Grain Bar, Cracker, Juice & Fruit

Spaghetti w/Beef Meatsauce, Romaine Salad & Fruit

WG Toaster Pastry, Juice & Fruit

Chicken Soft Taco, Mexican Corn & Fruit

WG Granola Bar, Juice & Fruit

Beef Chili Mac, Red Beans & Fruit

Oatmeal, Juice & Fruit

WG Pizza, Carrots & Fruit

WG Cereal, Cracker, Juice & Fruit

Loaded Chicken Baked Potato, WG Roll & Fruit

WG Muffin, Juice & Fruit

Baked Ziti Pasta, Romaine Salad & Fruit

WG Danish, Juice & Fruit

Breaded Chicken, WG Bun, Green Beans & Fruit

WG Oatmeal Bar, Cracker, Juice & Fruit

Beef Meatball Sub, WG Bun, Glazed Carrots & Fruit

WG Biscuit, Turkey Sausage, Juice & Fruit

Chicken Corn Dog, Baked Beans & Fruit

MARTIN LUTHER KING DAY

WG Toaster Pastry, Juice & Fruit

Beef Cheeseburger, WG Bun, Potatoes & Fruit

WG Waffle, Juice & Fruit

Chicken Pasta Alfredo, Broccoli & Fruit

WG Granola, Yogurt, Juice & Fruit

Chicken Teriyaki, Rice, Sweet Peas & Fruit

Breakfast Casserole, Juice & Fruit

WG Pizza, Carrots & Fruit

WG Cereal, Cracker, Juice & Fruit

Beef Sloppy Joe, WG Bun, Baked Beans & Fruit

WG Bagel & Cream Cheese, Juice & Fruit

Chicken & Noodles, Mixed Vegetables & Fruit

WG Cereal Bar, Cracker, Juice & Fruit

Beef Taco, Mexican Corn & Fruit

WG Cereal, Cracker, Juice & Fruit

Spaghetti & Beef Meatballs, Carrots & Fruit

WG Pancakes, Turkey Bacon, Juice & Fruit

3 Way Chili, WG Pasta, Romaine Salad & Fruit