

January

2026



Lunch, 500 Calorie

Lunch:
The 500 calorie meals are planned to be as close to 500 calories as possible, however, the nutritional content will vary slightly from day to day.

Beverages:
All meals have 1/2 pint of fat free milk factored into the calorie count. If milk is not the desired beverage water, unsweetened tea, or other zero calorie beverages are recommended.

If you have special requests or concerns, please ask your server or see contact information below:

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Lucinda Windham, RD, GM
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 BBQ Rib Patty (no bun) French Fries Fresh Fruit Choice of Milk	2 Cheeseburger (no bun) Lettuce & Tomato Pickle Slices Fresh Fruit Choice of Milk	3 Honey Garlic Chicken Steamed Broccoli Brown Rice Choice of Milk
4 Cheeseburger (no bun) Lettuce & Tomato Pickle Slices Fresh Fruit Choice of Milk	5 BBQ Chicken Corn Casserole Green Beans Pineapple Chunks Choice of Milk	6 Chili w/ Beans Loaded Baked Potato Fresh Fruit Choice of Milk	7 Sweet & Sour Chicken Asian Vegetables Fresh Fruit Choice of Milk	8 Steak & Cheese Bowl Peppers & Onions Fresh Fruit Choice of Milk	9 Cheese Pizza Antipasta Salad Tropical Fruit Cup Choice of Milk	10 Meatballs w/ Marinara Sauce Italian Vegetables Fresh Fruit Choice of Milk
11 Chicken Tenders French Fries Applesauce Choice of Milk	12 Grilled Cheese Sandwich Roast Broccoli Pears Choice of Milk	13 Hot Dog (no bun) Lentils w/ Roasted Veggies Applesauce Choice of Milk	14 Chicken Mashed Potato & Gravy Bowl (diced chicken) Peaches Choice of Milk	15 Cheeseburger (no bun) Lettuce, Tomato, Pickle Sidewinder Fries Fresh Fruit Choice of Milk	16 Fish Sticks Hushpuppies Applesauce Choice of Milk	17 Steak & Cheese Bowl Peppers & Onions Applesauce Choice of Milk
18 Hot Dog (no bun) Buttered Noodles Garlic Roast Broccoli Sliced Peaches Choice of Milk	19 Boneless Wings w/ Choice of Sauce (BBQ or Buffalo) Wedge Salad Fresh Fruit Choice of Milk	20 Taco Salad Salsa Sour Cream Applesauce Choice of Milk	21 Chicken Parmesan (unbreaded) Italian Vegetables Fresh Fruit Choice of Milk	22 Hamburger (no bun) Lettuce & Tomato Roast Broccoli Fresh Fruit Choice of Milk	23 Grilled Chicken Breast Caesar Salad Baby Carrots w/ Ranch Diced Peaches Choice of Milk	24 Chicken Nachos Seasoned Diced Chicken over Tortilla chips w/ Salsa, Sour Cream & Cheese Applesauce Choice of Milk
25 Turkey Burger (no bun) Caesar Salad Choice of Milk	26 Meatballs in Spagetti Sauce Garden Salad Mandarin Oranges Choice of Milk	27 Grilled Chicken & Bacon Sandwich Steamed Broccoli Choice of Milk	28 Spaghetti & Meat Sauce Parm Roasted Zucchini Applesauce Choice of Milk	29 Herbed Chicken Breast Carrots the Good Way Applesauce Choice of Milk	30 Hot Dog (no bun) Corn Nuggets Fresh Fruit Choice of Milk	31 Butter chicken Seasoned Green Beans Brown Rice Papaya Mango Fruit Cup Choice of Milk