



JANUARY 2026

# UPPER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
5 <b>Country Fried Steak w/ Pepper Gravy</b> Mash Potatoes Honey Carrots Dinner Roll	6 <b>Chicken &amp; Rice Bowl</b>	7 <b>Meatloaf</b> Mashed Potatoes Green Peas Dinner Roll	8 <b>Fried Chicken</b> Mac & cheese Fried Okra Dinner Roll	9 <b>Chicken Spaghetti</b> Peas & Carrots Garlic Bread
12 <b>Chicken Alfredo</b> Steamed Broccoli Garlic Bread	13 <b>Hard Shell Tacos</b> Mexican Corn Spanish Rice	14 <b>Fried Pork Chops</b> Oven Roasted Potatoes Squash Medley Cornbread	15 <b>Grilled Chicken</b> Rice Pilaf Lima Beans Dinner Roll	16 <b>Baked Salmon</b> Rice Pilaf Mixed Vegetables Dinner Roll
19 <b>Pot Roast</b> Mashed Potatoes Mixed Vegetables Dinner Roll	20 <b>Chicken Fajitas</b> Mexican Corn Spanish Rice	21 <b>Red Bean &amp; Sausage</b> Steamed Rice Mixed Vegetables	22 <b>BBQ Chicken</b> Baked Beans Corn on Cob Dinner Roll	23 <b>Spaghetti Meat Sauce</b> Steamed Broccoli Garlic Bread
26 <b>Hamburger Steak</b> White Rice/Gravy Carrots Dinner Roll	27 <b>Hard Shell Tacos</b> Mexican Corn Spanish Rice	28 <b>Beef Stir Fry</b> Fried Rice Egg Roll	29 <b>Grilled Chicken</b> Oven Roasted Potatoes Green Beans Dinner Roll	30 <b>Fried Fish</b> Hush puppies Waffle Fries Fried Okra

Menu items are subject to change without notice due to availability of item listed