

JANUARY 2026



Roane County Schools
Elementary & Middle

Daily Offerings: Entrée leafy green salad, fresh fruit, chilled fruit, grab and go meal, and milk variety

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Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Nuggets
Grab & Go
Roll
Breaded Okra
Steamed Carrots

5 Steak & Gravy
Chicken Sandwich
Roll
Mashed Potatoes
Southern Green Beans

6 Teriyaki Nuggets
Orange Chicken
Egg Roll
Asian Rice
Seasoned Peas

7 Hot Dog on Bun
Crispitos
Tater Tots
Homemade Chili
Garden Fresh Slaw

8 Pizza
Vegetable Beef Soup w/
Toasted Cheese Sandwich
Leafy Green Salad
Buttered Corn

12 BBQ Chicken Drumstick
Grab & Go
Roll
Baked Beans
Vegetable Medley

13 Santa Fe Soup w/
Mexican Cornbread
Corndog Nuggets
Fries
Southern Green Beans

14 Calzone
Chicken Alfredo
Breadstick
Leafy Green Salad
Steamed Carrots

15 Chicken Tenders
Fish
Hushpuppies or Cornbread
Macaroni & Cheese
Turnip Greens

16 Pizza
Chili Fritos
Steamed Broccoli
Veggie Pick-Ups w/Dip

MARTIN LUTHER
KING JR. DAY
No School
January 19th
2026
Roane County
Schools

19 Chicken Sandwich
Grab & Go
Pasta Salad
Steamed Broccoli

20 Chicken Wings
Cheese Sticks w/Dip
Roll
Celery/Carrots w/Ranch
Fries

21 Beef Taco
Chicken Taco
Mexican Street Corn
Refried Beans

23 Pizza
Corn Dog
Leafy Green Salad
Buttered Corn

26 Chicken Sandwich
Grab & Go
Fries
Vegetable Medley

27 Spaghetti
Ham & Cheese Croissant
Breadstick
Southern Green Beans
Spiced Apples

28 Chicken Drumstick
Pulled BBQ Pork
Biscuit
Baked Beans
Macaroni & Cheese

29 Honey BBQ Smackers
Pizza Sub
Roll
Mashed Potatoes
Buttered Corn

30 Pizza
Chicken Noodle Soup w/
Toasted Cheese Sandwich
Steamed Broccoli
Veggie Pick Ups w/Dip

Fun Facts About Winter Squash!

- Winter squash is grown in the summer and harvested in the fall.
- Roasted winter squash seeds are a crunchy snack.
- Winter squash is a good source of potassium, fiber and vitamins A and C.

