

# JANUARY 2026



## Roane County Schools Elementary & Middle

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

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

9

BBQ Chicken Drumstick  
Grab & Go  
Roll  
Baked Beans  
Vegetable Medley

12

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

13

Calzone  
Chicken Alfredo  
Breadstick  
Leafy Green Salad  
Steamed Carrots

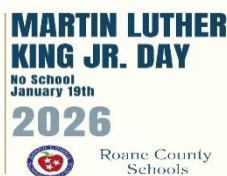
14

Chicken Tenders  
Fish  
Hushpuppies or Cornbread  
Macaroni & Cheese  
Turnip Greens

15

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

16



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

22

Pizza  
Corn Dog  
Leafy Green Salad  
Buttered Corn

23

Chicken Sandwich  
Grab & Go  
Fries  
Vegetable Medley

26

Spaghetti  
Ham & Cheese Croissant  
Breadstick  
Southern Green Beans  
Spiced Apples

27

Chicken Drumstick  
Pulled BBQ Pork  
Biscuit  
Baked Beans  
Macaroni & Cheese

28

Honey BBQ Smackers  
Pizza Sub  
Roll  
Mashed Potatoes  
Buttered Corn

29

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

30

### 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.

