



Lee County Schools Elementary Menus for January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
January 5  - Legume	January 6 Sausage Biscuit  Corndog Nuggets French Fries Baked Beans Diced Pears Milk	January 7 Bagel w Strawberry Cream Cheese  Premium Chicken Nuggets Green Beans Mashed Potatoes Diced Peaches Milk	January 8 French Toast  Orange Chicken Fried Rice Roasted Broccoli Sweet Carrots Mixed Fruit Milk	January 9 Egg & Cheese Biscuit Pepperoni Pizza Fresh Garden Salad Buttery Corn Frosted Berries Milk
January 12 Yogurt & Granola Spaghetti w Garlic Bread Fresh Garden Salad Steamed Veggies Peach Cups Milk	January 13 Apple & Cherry Strudel  Premium Chicken Sandwich French Fries Baked Beans Pickles Mixed Fruit Milk	January 14 Pancake Sandwich  Beefy Nachos Ranchero Pinto Salsa, Sour Cream Jalapenos Pineapple Tidbits Milk	January 15 Chicken Biscuit  Grilled Cheese or PB&J Vegetable Soup Carrot Sticks w Ranch Spiced Apple Slices Milk	January 16 Pancake on Stick French Bread Pizza Fresh Garden Salad Marinara Cup Frosted Berries Milk
January 19 No School	January 20 Sausage Biscuit Meatloaf Sandwich Mashed Potatoes Sweet Carrots Mixed Fruit Milk	January 21 Bagel w Strawberry Cream Cheese Chicken Tenders w Waffle Potato Roasters Green Beans Frosted Berries  Milk	January 22 Yogurt & Granola  Chicken Quesadilla Ranchero Pintos Corn, Salsa Sour Cream, Jalapenos Pineapple Tidbits Milk	January 23 Chicken & Waffles Pizza Cheese Sticks Fresh Garden Salad Marinara Cup Frosted Berries Milk
January 26 Sausage Biscuit Corndog Nuggets French Fries Baked Beans Diced Pears Milk 	January 27 Bagel w Strawberry Cream Cheese Premium Chicken Nuggets Green Beans Mashed Potatoes Diced Peaches  Milk	January 28 French Toast Orange Chicken Fried Rice Roasted Broccoli Sweet Carrots Mixed Fruit  Milk	January 29 Yogurt & Granola Grilled Cheese or PB&J Vegetable Soup Carrot Sticks w Ranch Spiced Apple Slices Milk 	January 30 Egg & Cheese Biscuit Pepperoni Pizza Fresh Garden Salad Buttery Corn Frosted Berries Milk

Nutrition Byte

Power Your Day with Pulses!

What are pulses? Legumes are plants with seed pods that split along the side they are ripe. Pulses are the nutritionally dense, edible seeds that grow inside the seed pods of legumes.

Pulses are warm-weather crops that are usually planted in the spring or early summer. Pulses are harvested in the fall when their moisture content is low enough that they can be dried and stored.

Did you know that pulses can count as a vegetable or a protein depending on your eating pattern? As a vegetable sub-group, pulses, usually called dry beans and peas in the

Fresh Fruit Basket
Whole Fresh Fruit will be offered for Breakfast and Lunch

United States, include kidney beans, pinto beans, black beans, pink beans, black-eyed peas, garbanzo beans (chickpeas), split peas, pigeon peas, and mung beans. Green beans, green lima beans, and green (string) beans are not part of this sub-group because their nutrient content is more like other vegetables.

Pulses are nutritional powerhouses! A 1/2 cup serving has 100-170 calories. Pulses offer protein, iron, potassium, magnesium, folate, and fiber. They are cholesterol-free and low in fat and sodium. Enjoy pulses, or beans and peas, today! **Nutrilink:** Learn more at <https://bit.ly/3c30kws>.

