



BREAKFAST

JANUARY 2026

Poplar Schools

Monday

Tuesday

Wednesday

Thursday

Friday

Cold Cereal, Oranges or
Apples, Assorted Milk

5

Breakfast Pizza,
Pineapple, Or Cereal, Nutri-
Grain, Peaches, Assorted
Milk

6

1. Pancake Wrap,
Applesauce or Apple

7

2. Cereal, Toast, Apple or
Orange, Assorted Milk

1. Breakfast Burrito, Ap-
plesauce, or Orange
2. Cereal, Nutri-Grain Bar,
Apple or Orange, Assorted
Milk

12

1. Boiled Eggs, Sausage
Links, Toast, Mixed Fruit

13

2. Cereal, Toast, Mandarin
Oranges, Assorted Milk

Breakfast Sandwich,
Pears, or Cereal, Apples,
Nutri-Grain, Assorted Milk

19

Waffles, Applesauce, or
Cold Cereal, Nutri-Grain,
Peaches, Assorted Milk

20

Breakfast Pizza, Peaches
or Pears, or Cereal, Nutri-
Grain, Pears or Apple,
Assorted Milk

21

Pancake Wrap, Apple-
sauce, or Cereal, Toast,
Apple, Assorted Milk

26

Breakfast Bar, Nutri-
Grain, Applesauce, or Cereal,
Nutri-Grain, Mixed Fruit,
Assorted Milk

27

Scrambled Eggs, Links,
Toast, Banana, Or Cereal,
Applesauce or Banana,
Assorted Milk

28

No School

1

Biscuits & Gravy, Mandarin
Oranges or Apple

3

Cereal, Nutri-Grain Bars,
Assorted Milk

No School

2

1. Scrambled Eggs w Ham,
Cantaloupe, Toast

9

2. Cereal, Nutri-Grain, Honey
Dew, Assorted Milk

1. Corn Beef Hash,
Muffin, Pears or Banana

16

2. Cereal, Nutri-Grain, Pears
or Banana, Assorted

Biscuits and Gravy,
Mandarin Oranges or Mixed
Fruit, Or Cereal, Same Fruits,
Assorted Milk

23

Omelets, Toast, Pears or
Oranges, or Cereal, Nutri-
Grain, Same Fruits, Assorted
Milk

30

Menu subject to change without notice.

This institution is an equal opportunity provider.



LUNCH

JANUARY 2026

Poplar Schools

Monday

Tuesday

Wednesday

Thursday

Friday

1. Goulash, Carrot sticks, 5
Apple
2. Hamburger Veg. Soup, Celery Sticks, Grapes or Orange, Salad Bar, Assorted Milk

1. Chili Dogs, Fries, Apple 12
or Orange
2. Chicken Noodle Soup, Carrot Stick, Apples, Salad Bar, Assorted Milk

1. Hot Dogs, w/Bun, Fries, 19
Banana or Orange, Celery Sticks
2. Hamburger Veg. soup, Carrot Sticks, Dinner roll, Salad

1. Hamburger Deluxe 26
w/Bun, Baked Beans, Mandarin Oranges
2. Chicken Patty w/ Bun, Mac. Salad, Same Fruit

1. Pulled Pork w/Bun, 6
Corn, Apples
2. Tomato Soup, PBJ, Mixed Fruit, Salad Bar, Assorted Milk

1. Hamburger w/ Bun, 13
Fries, Peaches
2. Beef Noodle Hotdish, Peas, Pears, Salad Bar, Assorted Milk

1. Pulled Pork w/ Bun, 20
Sweet Potato Fries, Apple
2. Beef Noodle Hot Dish, Apple, Carrots, Salad Bar, Assorted Milk

1. Pork Roast, Mashed 27
Potatoes, Gravy, Dinner Roll, Pears
2. Chicken & Rice Hotdish, Peas, Peaches, Salad Bar

1. Hamburger Gravy w/ 7
Potatoes, Grapes or Orange, Biscuit
2. Chicken & Rice Soup, Carrot Sticks, Apples, Salad Bar

1. Beef Stew, Dinner Roll, 14
Celery, Orange
2. Cheeseburger mac. Hotdish, Green Beans, Apple, Salad Bar, Assorted Milk

1. Hot Turkey Sandwiches 21
Green Beans, Mixed Fruit
2. Corn Dogs, Fries, Mandarin Oranges, Salad Bar, Assorted Milk

1. Goulash, Carrot Sticks, 28
Grapes
2. Chicken Strips, Fries, Celery Sticks, Bread & Butter, Salad Bar, Assorted Milk

1
No School

1. Ham, Scalloped Potatoes, Grapes, Dinner Roll 8
2. Sloppy Joes w/ Bun, Green Beans, Grapes, Oranges, Salad Bar, Assorted Milk

1. Tomato Soup, PBJ., Celery Sticks, Orange
2. Spaghetti, Garlic Bread, Corn, Salad Bar Assorted Milk

1. Hot Ham & Cheese 22
Sandwich, Tomato soup, Orange or Apple, Salad Bar, Assorted Milk

1. Super Nacho's, Orange 29
2. Chili, Corn Bread, Carrot Stick, Apple, Salad Bar, Assorted Milk

2
No School

9
Chicken Drumsticks, Macaroni & Cheese, Pears, Salad Bar, Assorted Milk

16
Taco Salad, Celery or Carrot Sticks, Mixed Fruit, Salad Bar, Assorted Milk

23
Chicken Drumsticks, Mac. & Cheese, Peas, Biscuit, Salad Bar, Assorted Milk

30
Beef Stew, Cinnamon rolls, Carrot or Celery Sticks, Oranges, Salad Bar, Assorted Milk

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