JANUARY 2026 PRESCHOOL LUNCH

FRESH FRUIT & VEGETABLE PROGRAM

WATERBURY PUBLIC SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 **Beef & Cheese Taco Stick** Salsa	6 **NO SCHOOL**	CN DAY 7 **Meatball Parmesan** Whole Grain Grinder Roll Steamed Peas	8 **Beef Burger** Whole Grain Bun Tater Tots Ketchup	9 **4-Cheese Pizza** Fresh Spring Mix Salad
12 **Crispy Chicken Nuggets** Orange-Glazed Carrots Ketchup	13 **Grilled Cheese Sandwich** Assorted Vegetables	CN DAY 14 **Pasta with Meatsauce** Buttered Green Beans	15 **Turkey with Gravy** Whole Grain Stuffing Maple Roasted Sweet Potatoes	16 **Assorted Pizza** Fresh Chopped Romaine Salad
19 **NO SCHOOL**	20 **Surprise Lunch** Assorted Vegetables	CN DAY 21 **Penne Alfredo** Steamed Peas	22 **BBQ Chicken Strips** Whole Grain Bun Cheesy Tater Tots	23 **All-Beef Pepperoni Pizza** Fresh Spring Mix Salad
26 **Dill Dippers** Steamed Carrots Ketchup	27 **Beef & Cheese Taco Stick** Assorted Vegetables	CN DAY 28 **Beef Dippers** Tater Tots Ketchup	29 **Brunch for Lunch** Mini Maple Waffles, Turkey Sausage Patty Assorted Vegetables Syrup	30 **Assorted Pizza** Fresh Spring Mix Salad

SCHOOL BREAKFAST

Consists of a Meat/Meat Alternate, Grains, Vegetables, Fruits, and Milk daily.

Thanks to the Community Eligibility Program (CEP), all our complete and nutritious meals are served at NO CHARGE to all students, with no need to apply!

MENU IS SUBJECT TO CHANGE - 12/17/25
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Every day, students are served
Low-Fat White Milk
FRUIT: Fresh Fruit, Chilled Fruit Cup
100% Fruit Juice on Mondays & Fridays

Waterbury Public Schools Food Service is "Pork-Free"
No pork is served or sold by our Child Nutrition Program

BRAND SPOTLIGHT

NUTRITION CORNER

DID YOU KNOW?

January is Fiber Focus Month!

This month highlights the power of fiber, an important nutrient that plays a large role in keeping us healthy, yet many people don't get enough of.

Fiber helps support good digestion, keeps us feeling full longer, and gives us steady energy for learning and play. It is found naturally in foods like fruits, vegetables, whole grains, beans, and even popcorn!

Every day, students are offered a variety of fiber-rich foods at school. This month is a great time for families to explore new fruits, swap in whole-grain options, and add extra veggies to your plates!