



# January 2026

Monday

Tuesday

Wednesday

Thursday

Friday

 - Due to National Supply Issues - Menus are Subject to Change.	<b>Appleton, Grand Chute &amp; Kimberly HDM</b> To cancel a meal, call the ADRC at 832-5178 by <u>8:30am</u> the day of meal service.		1 NEW YEAR'S HOLIDAY	2 Lemon Pesto Chicken Breast Creamed Spinach Herbed Potatoes Wheat Dinner Roll Pears Shortbread Cookies
5 Bratwurst Wheat Bun Calico Beans Sauerkraut Potato Salad Cold Spiced Peaches	6 Salisbury Steak in Gravy Mashed Potatoes Corn Sunshine Fruit Salad Wheat Dinner Roll Donut Holes	7 Creamy Chicken Pasta Diced Carrots Green Beans Mixed Fruit Vanilla Pudding	8 BBQ Meatballs Peas and Carrots Glazed Yams Pineapple Honey Kissed Cornbread Cinnamon Streusel Cake	9 Scalloped Potatoes & Ham Mixed Vegetables Romaine Salad Salad Dressing Warm Cinnamon Applesauce Wheat Dinner Roll Chocolate Milk
12 Ketchup Meatloaf Twice Baked Whipped Potatoes Green Beans Pears Wheat Dinner Roll Oreo Cookies	13 Diced Chicken with Gravy Steamed Broccoli Cooked Baby Carrots Tropical Fruit Wheat Bread Butterscotch Pudding	14 Kansas City Riblet Brown Sugar Mashed Sweet Potatoes Peas Pineapple and Mangoes Wheat Dinner Roll Princess Bar	15 New York Steak in Brown Gravy Parslied Potatoes Baked Beans Peaches Wheat Bread Cookie	16 Cheese Omelet Potatoes O'Brien Warm Applesauce Fresh Pear Blueberry Muffin Strawberry Banana Yogurt
19 All Beef Hot Dog Wheat Bun Baked Beans Steamed Broccoli Tropical Fruit Chocolate Fluff	20 Hawaiian Chicken Breast Maple Roasted Sweet Potatoes Peas Hawaiian Dinner Roll Pears Rice Krispie Treat	21 Pizza Pasta Diced Carrots Green Beans Peaches String Cheese Cookies and Cream Cake	22 Cheeseburger Wheat Bun Cheesy Potatoes Brussel Sprouts Fruit Cocktail Lemon Pudding	23 Sweet and Sour Meatballs White Rice Capri Vegetables Asian Slaw Pineapple Fortune Cookies
26 Bowties with Meat Sauce Italian Blend Vegetables Corn Cottage Cheese Warm Cinnamon Applesauce	27 Roasted Turkey with Gravy Mashed Potatoes Scalloped Tomatoes Tropical Fruit Wheat Bread Peanut Butter Bar	28 Stuffed Green Pepper Casserole Romaine Salad Salad Dressing Mixed Vegetables Warm Spiced Pears	29 Taco Meat Flour Tortillas Fajita Vegetables Seasoned Black Beans Shredded Cheese Mandarin Oranges Churro Cookie	30 Old Fashioned Egg Salad Wheat Bun Diced Carrots Peas Peach Cobbler

# JANUARY 2026

## WARM WINTER SOUPS FOR WELLNESS

WHEN THE WEATHER TURNS COLD, A WARM BOWL OF SOUP CAN BE COMFORTING AND NUTRITIOUS. SOUPS ARE A GREAT WAY TO ENJOY PROTEIN, FIBER, AND HYDRATING BROTH WHILE USING INGREDIENTS YOU ALREADY HAVE ON HAND.

### BUILD A BALANCED BOWL

#### PROTEIN FOR STRENGTH

ADD CHICKEN, TURKEY, BEANS, TOFU, OR LENTILS. PROTEIN HELPS YOU STAY FULL AND SUPPORTS MUSCLE AND IMMUNE HEALTH.

#### FIBER FOR DIGESTION

VEGETABLES, WHOLE GRAINS (LIKE BARLEY OR BROWN RICE), AND BEANS ADD FIBER, WHICH HELPS KEEP BLOOD SUGAR STEADY AND SUPPORTS GUT HEALTH.

#### BROTH FOR HYDRATION

WARM BROTH ADDS FLUIDS TO YOUR DAY. IMPORTANT IN WINTER WHEN WE OFTEN DRINK LESS WATER.

### WATCH THE SODIUM

SOME CANNED SOUPS CAN BE HIGH IN SALT.

TRY THESE EASY SWAPS:

- CHOOSE LOW-SODIUM BROTH OR CANNED BEANS.
- SEASON WITH HERBS, GARLIC, OR LEMON INSTEAD OF EXTRA SALT.
- ADD MORE VEGGIES TO STRETCH THE SOUP AND LIGHTEN THE SODIUM PER SERVING.

### COOK SMART: USE WHAT YOU HAVE

SOUPS ARE A GREAT WAY TO REDUCE FOOD WASTE:

- LEFTOVER ROASTED VEGETABLES? ADD THEM IN.
- EXTRA CHICKEN OR TURKEY? SHRED INTO A SOUP.
- WILTED GREENS? STIR THEM IN DURING THE LAST FEW MINUTES OF COOKING.

### DID YOU KNOW?

- SOUP MADE WITH BEANS OR LENTILS CAN OFFER AS MUCH PROTEIN AS MEAT.
- ADDING VEGETABLES LIKE CARROTS, SPINACH, AND ONIONS BOOSTS VITAMINS THAT SUPPORT IMMUNITY.
- EATING WARM FOODS IN WINTER CAN HELP YOU STAY HYDRATED WITHOUT FEELING COLD.