



# January 2026


Monday

Tuesday

Wednesday

Thursday

Friday

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

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.