

# January 2026 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu Approved by:</b> <i>Ann Stahlheber, MS, RDN, LD</i>		Choice of: 1% Milk, Buttermilk, or Calcium Fortified Juice *=Take Temperature of Milk and all food preceded by an asterisk		2 *Stuffed Peppers 4 oz *w/ Sauce 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c ALT=CF TR
5 *Beef Meatloaf w/Glaze 3 oz *Mashed Potatoes ½ c w/ *Gravy 2 oz *Beets ½ c Whole Grain Roll 2 oz Orange ALT=CS TR	6 *Breaded Fish 4 oz Tartar Sce 1 PC/Ketchup 1 PC *Potato Wedges ½ c *Green Beans ½ c W.G. Hamburger Bun Applesauce ½ c ALT=CBG RB	7 *Beef Stroganoff 4 oz *Noodles ½ c w/ *Gravy 2 oz *Antigua Blend ½ c *Cauliflower ½ c Whole Grain Wheat Apricots ½ c ALT=CF T	8 *Chicken Marsala 3oz *Brown Rice ½ c *Gravy 2 oz *Mushrooms ½ c *Broccoli ½ c Whole Grain Wheat Mandarin Oranges ½ c ALT=CBG RB	9 *BBQ Chicken, 3 oz *Macaroni and Cheese ½ c *Sweet Potatoes ½ c *Spinach ½ c Lemon Juice 1 PC Whole Grain White Peaches ½ c ALT=CF TR
12 *Salisbury Steak 3 oz w/ *Gravy *Mashed Potatoes ½ c *Mushrooms ½ c 2 W. G. Wheat Sliced Apricots ½ c ALT=CS TR	13 *Chicken Cordon Bleu 7 oz *Mashed Potatoes ½ c *Diced Carrots ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CBG RB	14 *Vegetable Lasagna 6 oz *California Blend ½ c W. G. Dinner Roll, 2 oz Mixed Fruit ½ c Grape Juice 4 oz ALT=CF RB	15 *Swedish Meatballs 6 oz *Noodles ½ c Sauce 2 oz *Peas ½ c *Carrots ½ c Whole Grain White Banana ALT=CBG T	16 *Chicken 3 oz Stir Fry, *Brown Rice ½ c *Kyoto Blend ½ c, *Asian Blend ½ c W.G. White Mandarin Oranges ½ c ATL=CF RB
19 <b>Martin Luther King Day</b>  <b>Site Closed</b>	20 *Stuffed Cabbage 4 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Buttered Beets ½ c 2 Whole Grain Wheat *2(2oz) Sliced Peaches ½ c ALT=CS RB	21 Stuffed Shells *w/Sauce 2 oz *Spinach ½ c Lemon Juice 1 PC *California Blend ½ c W. G. Garlic Toast 2 oz Grapes 1 c ALT=CF T	22 *Roasted Turkey Breast 3 oz *Stuffing ½ c Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain White Cranberry Juice 4 oz ALT=CBG RB	23 *Chicken Alfredo 4 oz *W.G. Pasta ½ c W/ Sauce 2 oz *Mixed Vegetables ½ c *Broccoli ½ c W.G. White Sliced Pears ½ c ALT=CF TR
26 *Rosemary Pork 3 oz *Cheesy Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Roll 2 oz Cinnamon Applesauce ½ c ALT=CS TR	27 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz Sliced Pears ½ c ALT=CBG T	28 *Chicken Stuffed with Broccoli 6oz *Mashed Potatoes ½ c *Green Beans ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz Orange ALT=CF RB	29 *Beef Stew 8 oz. *Lima Beans ½ c *Buttered Sliced Carrots ½ c Whole Grain Biscuit 2 oz Banana ALT=CBG TR	30 *Breaded Chicken Breast 3 oz WG Pasta ½ c w/ Marinara Sc 2 oz Parmesan 1 PC *California Blend ¾ c WG Wheat Applesauce ½ c ALT=CF RB

Western Reserve Area Agency on Aging - 2026

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese  
 ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese