

# Belle Plaine Jr/Sr High

January  
2026

## LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5</b> <b>HOM: Kale</b> BBQ Rib Sandwich Baked Beans, Vegetarian French Fries Crispy Chicken Sandwich Deli Sandwich or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies 1% Unflavored White Milk	<b>6</b> Italian Beef Lasagna Bread Stick Peas & Carrots Crispy Chicken Sandwich Deli Sandwich or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies 1% Unflavored White Milk	<b>7</b> Chicken Potstickers Chicken Fried Rice Mixed Vegetables Crispy Chicken Sandwich Deli Sandwich or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies 1% Unflavored White Milk	<b>8</b> Totchos Salsa Black Beans Lettuce, Tomato and Cheese Classic Cheeseburger Variety of Deli Sandwich or Salad Cheese and Variety of Pizza Roasted Honey Cinnamon Chickpeas	<b>9</b> Inside Out Pot Pie Steamed Broccoli Crispy Chicken Sandwich Deli Sandwich or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies 1% Unflavored White Milk Fat Free Chocolate Milk
<b>12</b> Philly Cheesesteak Tator Tots Caesar Side Salad All American Hamburger on a Bun Deli Sandwich or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies 1% Unflavored White Milk	<b>13</b> Walking Taco Lettuce, Tomato and Cheese Sour Cream Peas & Carrots All American Hamburger on a Bun Deli Sandwich or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies 1% Unflavored White Milk	<b>14</b> Orange Chicken Brown Rice, WG Mixed Vegetables All American Hamburger on a Bun Deli Sandwich or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies 1% Unflavored White Milk	<b>15</b> Italian Stromboli Caesar Side Salad Roasted Broccoli All American Hamburger on a Bun Deli Sandwich or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies 1% Unflavored White Milk	<b>16</b> Chicken & Gravy Mashed Potatoes Steamed Corn Dinner Roll Roasted Beef Hot Dog on a Bun Deli Sandwich or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies 1% Unflavored White Milk
<b>19</b> Beef Stroganoff w/ Egg Noodles Whole Grain Dinner Roll Steamed Green Beans All American Hamburger on a Bun Deli Sandwich or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies 1% Unflavored White Milk	<b>20</b> Chicken Parmesan w/Pasta Whole Grain Dinner Roll Steamed Green Beans All American Hamburger on a Bun Deli Sandwich or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies 1% Unflavored White Milk	<b>21</b> Tater Tot Casserole Whole Grain Dinner Roll Mixed Vegetables Crispy Chicken Sandwich Deli Sandwich or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies 1% Unflavored White Milk Fat Free Chocolate Milk	<b>22</b> Homestyle Meatloaf Cheesy Mashed Potatoes Roasted Corn Crispy Chicken Sandwich Deli Sandwich or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies 1% Unflavored White Milk Fat Free Chocolate Milk	<b>23</b> All American Hamburger on a Bun Crispy Chicken Sandwich Spicy Chicken Sandwich Corn Dog Roasted Beef Hot Dog on a Bun Tator Tots Kung Fu Carrots Variety of Deli Sandwich or Salad
<b>26</b> Beef Stroganoff w/ Egg Noodles Whole Grain Dinner Roll Steamed Green Beans Crispy Chicken Sandwich Deli Sandwich or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies 1% Unflavored White Milk	<b>27</b> Beefy Nachos w/Cheese Sauce Black Beans Salsa Lettuce, Tomato and Cheese Classic Cheeseburger Deli Sandwiches or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies	<b>28</b> Chicken Alfredo w/Pasta Bread Stick Garlic & Herb Broccoli Crispy Chicken Sandwich Deli Sandwich or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies 1% Unflavored White Milk Fat Free Chocolate Milk	<b>29</b> Chicken Potstickers Chicken Fried Rice Mixed Vegetables Crispy Chicken Sandwich Deli Sandwich or Salad Homemade Cheese Pizza Variety of Pizza Fresh Fruit Bar Variety of Veggies 1% Unflavored White Milk Fat Free Chocolate Milk	<b>30</b> Homemade Cheese Pizza Cheeseburger Pizza Buffalo Chicken Pizza Chicken Bacon Ranch Pizza Homemade Pepperoni Pizza BBQ Chicken Pizza Classic Cheeseburger Variety of Deli Sandwich or Salad Fresh Fruit Bar Variety of Veggies
				This is for Food 4 Thought

### PRICES

Extra Meal \$5.05  
Extra Milk \$5.55

### EXTRA INFO

Questions or comments please contact Taher  
Food Service Director Annie Topic at  
a.topic@taher.com or call 952-873-2414

### HARVEST OF



### THE MONTH

Menus and nutrition  
our app  
Taher Food4Life®



www.taher.com