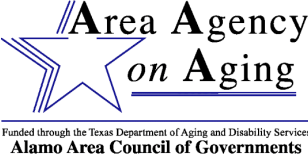


JANUARY 2026 LUNCH MENU

Menu Approved: 12.30.2025 <i>Carey Stites MS, RD, LD</i> <i>Carey Stites MS, RD, LD</i> 933123 Exp 8.26 DT06639 Exp 10.26	 Area Agency on Aging Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments	 AACOG Alamo Area Council of Governments	Thurs, Jan 1, 2026  CASA HELOTES CLOSED	Fri, Jan 2, 2026  CASA HELOTES CLOSED
Mon, Jan 5, 2026 Vegetable Beef Soup (220) Cheesy Garlic Bread (210) Mixed Fruit Cup (120) 550 calories	Tues, Jan 6, 2026 Chicken Chow Mein w/ Crispy Noodles (340) Broccoli Florets (40) Sliced Peaches (110) Fortune Cookie (32) 522 calories	Wed, Jan 7, 2026 Soft Rolled Beef Tacos (280) Cabbage & Tomato Slaw (40) Spanish Rice (150) Pinto Beans (120) Mixed Fruit (80) 670 calories	Thurs, Jan 8, 2026 Baked Chicken Thigh (240) Seasoned Rice (160) Southwestern Corn (110) Fresh Orange Smiles (72) 582 calories	Fri, Jan 9, 2026 Tuna Salad on Honey Wheat Bread (420) Pickle Spear, Lettuce & Tomato Chips (15) Mixed Fruit Salad (95) 680 calories
Mon, Jan 12, 2026 Cornbread & Gr Beef Chili Casserole (460) Peas & Carrots (90) Apricots (50) Calories 600	Tues, Jan 13, 2026 Hamburger Patty with Mushroom Onion Gravy (320) Mashed Potatoes (180) Green Beans (40) Fruit Cup (80) 620 calories	Wed, Jan 14, 2026 Crispy Chicken Tacos (300) Spanish Rice (150) Pinto Beans (120) Sliced Pears (80) 654 calories	Thurs, Jan 15, 2026 Spaghetti w/ Meat Sauce (368) Green Salad w/ Dressing (83) Garlic Texas Toast (176) Sliced Peaches (79) 706 calories	Fri, Jan 16, 2026 Split Pea & Ham Soup (263) ½ Turkey & Cucumber Sandwich (187) Fresh Orange Smiles (72) 522 calories
Mon, Jan 19, 2026 Pimento Cheese Chicken Salad Sandwich (452) Lettuce & Tomato (14) Chips (148) Fresh Orange Smiles (72) Sherbert Cup (118) 804 calories	Tues, Jan 20, 2026 Panko Crusted Fish (312) Seasoned Rice (158) Green Beans (41) Fresh Banana (96) Nutter Butter Cookie (138) 745 calories	Wed, Jan 21, 2026 Calabacita con Pollo (Mexican Chicken Stew w/ Squash) (286) Spanish Rice (154) Pinto Beans (121) Mango Chunks (92) 653 calories	Thurs, Jan 22, 2026 Hamburger Goulash (342) Seasoned Green Beans (46) Dinner Roll (131) Peaches (78) 597 Calories	Fri, Jan 23, 2026 Chicken Vegetable Noodle Soup (248) ½ Warm Cheese Sandwich (196) Tomato & Cucumber Slices (18) Diced Pears (84) 546 calories
Mon, Jan 26, 2026 Sweet & Sour Chicken (496) Steamed Rice (110) Broccoli Florets (40) Fruit Cup (70) 716 Calories	Tues, Jan 27, 2026 Homestyle Meatloaf (297) Mashed Potatoes (183) Seasoned Green Beans (46) Mango Chunks (92) 618 calories	Wed, Jan 28, 2026 Cheese Enchiladas w/Gravy (362) Spanish Rice (154) Refried Beans (136) Lettuce & Tomato Salad (58) Diced Pears (84) 794 calories	Thurs, Jan 29, 2026 Gr Turkey Cabbage Rolls (284) Steamed Rice (112) Mixed Vegetables (67) Fresh Orange Smiles (72) 535 calories	Fri, Jan 30, 2026 Egg Salad Sandwich on Whole Grain Bread (462) Pickle Spear, Lettuce & Tomato (14) Chips (148) Water Gate Salad (168) 792 Calories