

Total Life Center Lunch Menu (January, February, March 2026)

| December 29 | December 30 | December 31 | January 1 | January 2 |
|--|---|---|--|--|
| Chicken Parmesan Seasoned Parslied Noodles Italian Vegetable Fresh Fruit Wheat Bread Milk 1% January 26 February 23 March 23 | Meat Loaf (Beef) w/ Brown Gravy Cauliflower with Red Peppers Corn Sourdough Bread Fresh Fruit Milk 1% January 27 February 24 March 24 | Smoked Beef Sausage Lima Beans Chopped Broccoli Hotdog Bun Banana Coleslaw Milk 1% January 28 February 25 March 25 | Beef Chili Brown Rice Peas and Carrots Corn Bread Orange Milk 1% January 29 February 26 March 26 | Chicken & Grits Turnip Greens O'Brien Potatoes Wheat Bread Fresh Fruit Milk 1% January 30 February 27 March 27 |
| January 5 | January 6 | January 7 | January 8 | January 9 |
| Spaghetti w/ Meat Sauce (Beef) Apple Cobbler Broccoli Italian Bread Vanilla Pudding Milk 1% February 2 March 2 March 30 | Bar-B-Que Pork Hamburger Bun Sour Cream Potatoes Green Beans Orange Cole Slaw Milk 1% February 3 March 3 March 31 | Chicken Cordon Bleu Spinach Sweet Potatoes Fresh Fruit Wheat Bread Milk 1% February 4 March 4 | Brunswick Stew (Pork/Chicken) Brown Rice Carrot Coins Banana Wheat Bread Milk 1% February 5 March 5 | Peppered Swiss Steak Brussel's Sprouts Mashed Potatoes Wheat Roll Fresh Fruit Milk 1% February 6 March 6 |
| January 12 | January 13 | January 14 | January 15 | January 16 |
| Chicken & Rice Casserole Peas & Pearl Onions Corn Wheat Bread Fresh Fruit Milk 1% February 9 March 9 | Beef Stroganoff Glazed Carrots Harvard Beets Orange Wheat Roll Milk 1% February 10 March 10 | Hamburger Hamburger Bun Green Beans Apple Cobbler Lettuce/Tomato/Mustard Orange Milk 1% February 11 March 11 | Baked Chicken Brown Rice Creamed Spinach Sourdough Bread Orange Milk 1% February 12 March 12 | Macaroni & Cheese Field Peas Stewed Tomatoes Wheat Roll Fresh Fruit Pudding Milk 1% February 13 March 13 |
| January 19 | January 20 | January 21 | January 22 | January 23 |
| Cabbage Casserole Peas Peach Crisp Wheat Roll Milk 1% February 16 March 16 | Chicken Patty Hamburger Bun Sweet Potatoes Spinach Au Gratin Corn Bread Banana Milk 1% February 17 March 17 | Beef & Broccoli Brown Rice Ginger Carrot Coins Apple Wheat Roll Fortune Cookie Milk 1% February 18 March 18 | Pork Bar-B-Que Riblet Hamburger Bun Bar-B-Que Beans Turnip Greens Orange Milk 1% February 19 March 19 | Baked Chicken Broccoli & Carrots Squash Casserole Texas Toast Banana Milk 1% February 20 March 20 |