



JANUARY 2026

THIS MONTH'S THEME:

New Year, New Flavors

We're kicking off 2026 with some exciting fruits and veggies! This month, you'll try red beet slices, cara cara orange wedges, oroblanco wedges, crunchy jicama sticks, and more!

Think about your "fresh start" goals, just like we're trying new fruits and veggies, what's something new you'd like to try this year? It could be a new food, hobby, or habit. Write it down or share it with your class!

Here's an example:
"I want to try new fruits and veggies this year, starting with jicama!"

This week's options:

Break

MON

29

TUE

30

WED

31

THU

1

FRI

2

Snap Dragon Apple
Slices, 50x2oz
Red Beet Slices,
50x2oz



5

Cara Cara Orange
Wedges, 50x3oz
Broccoli & Cauliflower
Combo, 50x2oz



13

Oroblanco Wedges,
50x3oz
Sugar Snap Peas,
50x2oz



19

Kumquat, 50x2oz
Jicama Sticks, 50x2oz



26



21

27



28



29



30