

January 2026

Ector Co. Eld. Nutrition
1225 N. Adams-Odessa
(432)337-5281

Due to availability of food, menu is subject to change
Northside Center 11:30 - 12:30 Southside Center 11:00 - 12:00

\$3.00 Suggested
Meal Donation

Monday	Tuesday	Wednesday	Thursday	Friday
			CLOSED HAPPY NEW YEAR! 	1 2 Buffalo Wings French Fries String Cheese Fruit Cup Grandma Cookie Tea/Milk
5 Italian Chicken Breast Vegetable Rice Italian Green Beans Cake Cheeze its Tea/Milk	6 Salisbury Steaks Scalloped Potatoes Broccoli & Carrots Salty Snack Cookie Tea/Milk	7 Beef Chopped Steak Mashed Potatoes 5 Way Mixed Veggies Peanut Butter Cracker Cream Pie Tea/Milk	8 Jamaican Chicken Black Beans & Pico Green Bean & Tomato Jello Fruit Cup Tea/Milk	9 Teriyaki Meatballs White Rice Prince WM Vegetables Gardettos Muffin Tea/Milk
12 Honey Dijon Chicken Wild Rice CA Mixed Vegetables Harvest Nuts Cake Tea/Milk	13 Chicken Fajitas Spanish Rice Refried Beans Pudding Cookie Tea/Milk	14 Meatloaf Brown Gravy Au'Gratin Potatoes Green Beans Fruit Pie Tea/Milk	15 Cheesy Chicken Brst Red Skin Mashed Pot Sugar Snap Peas String cheese Rice Crispies Tea/Milk	16 BBQ Pulled Pork White Rice Broccoli & Carrots Applesauce Tea/Milk
19 CLOSED MARTIN LUTHER KING JR. DAY <i>I have a dream..</i>	20 Chicken & Mushroom Scalloped Potatoes 5Way Mixed Veggies Chex Mix Jello Tea/Milk	21 Cheeseburgers Baked Beans Buttered Corn Chip Cookie Tea/Milk	22 Chicken & Sausage White Rice Okra & Tomatoes Oatmeal Pie Pudding Tea/Milk	23 Sliced Beef Brisket Rice Pilaf Green Cabbage Yogurt Brownie Tea/Milk
26 BBQ Chicken Breast Mac & Cheese Corn & Green Beans String Cheese Cake Tea/Milk	27 General Tso's Meatball White Rice CA Mixed Vegetables Cheez its Cookie Tea/Milk	28 Italian Beef Goulash Mashed Potatoes 5Way Mixed Veggies Gardettos Pie Tea/Milk	29 Green Chili Pork Stew Rice Pilaf Corn & Peppers Peanut Butter Crackers Jello Tea/Milk	30 Chicken Vera Cruz Spanish Rice Refried Beans Harvest Nuts Cake Tea/Milk