

January 2026 Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
V = vegetarian Vegan = no meat, eggs, or dairy				1 <i>LMUCC Closed</i> <i>University Holiday</i>	2 <i>LMUCC Closed</i> <i>University Holiday</i>	3
4	5 AM: French Toast, Grapefruit <i>V: ok</i> <i>Vegan: No French Toast</i> PM: Tuscan White Bean Dip with Jicama Sticks <i>V & Vegan: ok</i>	6 AM: Scrambled Eggs, Pita <i>V: ok</i> <i>Vegan: No Eggs</i> PM: Pinto Beans & Brown Rice Burritos <i>V & Vegan: ok</i>	7 AM: Yogurt, blueberries <i>V: ok</i> <i>Vegan: No yogurt</i> PM: Hummus & Pita <i>V & Vegan: ok</i>	8 AM: Shredded Wheat Cereal, Cantaloupe <i>V & Vegan: ok</i> PM: Hard Boiled Eggs, Rolls <i>V: ok</i> <i>Vegan: No Eggs</i>	9 AM: Oatmeal, Pears <i>V & Vegan: ok</i> PM: String Cheese, Crackers <i>V: ok</i> <i>Vegan: No Cheese</i>	10
11	12 AM: Potatoes O'Brien, Oranges <i>V & Vegan: ok</i> PM: Bow Tie Pasta & Roasted Vegetable Salad w/ Garbanzo Beans <i>V & Vegan: ok</i>	13 AM: Cottage cheese, blueberries <i>V: ok</i> <i>Vegan: No Cheese</i> PM: Applesauce, Crackers <i>V & Vegan: ok</i>	14 AM: English Muffin, Strawberries <i>V & Vegan: ok</i> PM: Black Bean Roll Ups, Cucumbers <i>V & Vegan: ok</i>	15 AM: Pancakes, Bananas <i>V: ok</i> <i>Vegan: no pancakes</i> PM: Quesadilla, Apples <i>V: ok</i> <i>Vegan: No Quesadillas</i>	16 AM: Bagels and Cheese <i>V: ok</i> <i>Vegan: No Cheese</i> PM: Baked Polenta Cakes w/ Marinara <i>V & Vegan: ok</i>	17
18	19 <i>LMUCC Closed</i> <i>University Holiday</i> <i>MLK Day</i>	20 AM: Cheerios, Banana <i>V & Vegan: ok</i> PM: Quinoa Primavera, Cucumbers <i>V & Vegan: ok</i>	21 AM: French Toast, Grapefruit <i>V: ok</i> <i>Vegan: No French toast</i> PM: Pinto Beans & Brown Rice Burritos <i>V & Vegan: ok</i>	22 AM: Scrambled Eggs, Pita <i>V: ok</i> <i>Vegan: No Eggs</i> PM: String Cheese, Crackers <i>V: ok</i> <i>Vegan: no cheese</i>	23 AM: Yogurt, blueberries <i>V: ok</i> <i>Vegan: No yogurt</i> PM: Black Bean Roll Ups, Cucumbers <i>V & Vegan: ok</i>	24
25	26 AM: Pancakes, Bananas <i>V: ok</i> <i>Vegan: no pancakes</i> PM: Avocado, Pita <i>V & Vegan: ok</i>	27 AM: Bagels and Cheese <i>V: ok</i> <i>Vegan: No Cheese</i> PM: Tuscan White Bean Dip with Jicama Sticks <i>V & Vegan: ok</i>	28 AM: Scrambled Eggs, Pita <i>V: ok</i> <i>Vegan: No Eggs</i> PM: Quesadilla, Apples <i>V: ok</i> <i>Vegan: No Quesadillas</i>	29 AM: English Muffin, Strawberries <i>V & Vegan: ok</i> PM: Bow Tie Pasta & Roasted Vegetable Salad w/ Garbanzo Beans <i>V & Vegan: ok</i>	30 AM: Potatoes O'Brien, Oranges <i>V & Vegan: ok</i> PM: Applesauce, Crackers <i>V & Vegan: ok</i>	31