



PARENT/CHILD INCORPORATED - OCTOBER 2021 MENU

PARENT MENU



Water to be offered at all times.

MONDAY 4		TUESDAY 5		WEDNESDAY 6		THURSDAY 7		FRIDAY 1	
WG Mini Waffles Tropical Fruit Milk		WG Cheerios Pineapple Tidbits Milk		WG Mini Pancakes Sliced Strawberries (Frozen) Milk		Scrambled Egg Patty Diced Peaches Milk		WG English Muffin w/jam Diced Peaches Milk	
WW Spaghetti w/Ground Beef Meat Sauce Broccoli Normandy Diced Peaches Milk		WG Chicken Tamale Chili Beans Diced Pears Milk		Bean & Cheese Chalupa Romaine & Tomato w/Ranch WG Tortilla (EHS) Green Beans (EHS) Mandarin Oranges Milk		Turkey Wraps (Ranch) w/Cheese, Lettuce & Tomatoes WG Flour Tortilla Fresh Fruit Mix Milk		Sloppy Joe w/WW Hamburger Bun Romaine & Tomato w/Thous. Islar Diced Pears Milk	
WG Cinnamon Goldfish Milk		WG Orange Dream Muffin Milk		Lowfat Vanilla Yogurt Mixed Fruit (Serve water)		WG Graham Cracker Bites Milk		WG Vanilla Graham Bear Milk	
Columbus Day Holiday PCI Staff Development Day									
MONDAY 11		TUESDAY 12		WEDNESDAY 13		THURSDAY 14		FRIDAY 15	
WG Mini French Toast Diced Pears Milk		Rice Krispies Diced Peaches Milk		WG Banana Bread Loaf Mixed Fruit (Frozen) Milk		Turkey Sausage Patty Diced Pears Milk		WG Biscuit w/jam Pineapple Tidbits Milk	
WG Beef Fingers Green Beans Pineapple Tidbits Milk		Chicken Jambalaya Pasta w/Sauteed Vegetables WG Penne Pasta Tropical Fruit Milk		Pasta Parmesean w/Vegetables w/WG Rotini Pasta Mandarin Oranges Milk		Turkey Noodle Soup w/Egg Noodles & Mx. Vegetables WG Saltine Crackers Diced Fresh Canteloupe Milk		Carne Guisada Taco WW Flour Tortilla Garden Salad w/Thousand Island Tropical Fruit Milk	
WG Cheese Crackers Milk		Animal Crackers Milk		Mozzarella Cheese Stick Ritz Crackers Milk		WG Blueberry Muffin Milk		Lowfat Strawberry Yogurt Graham Crackers (Serve water)	
MONDAY 18		TUESDAY 19		WEDNESDAY 20		THURSDAY 21		FRIDAY 22	
WG Mini Pancakes Diced Pears Milk		WG Cinnamon Bread Stick Tropical Fruit Milk		Corn Flakes Banana Milk		Canadian Turkey Ham Slice Diced Peaches Milk		WG English Muffin w/jam Pineapple Tidbits Milk	
Beef Shepards Pie w/Mashed Potatoes & Mix. Vegetab Mandarin Oranges WG Dinner Roll Milk		Arroz Con Pollo w/Diced Tomatoes & Bell Pepper Steamed Brown Rice Pineapple Tidbits Milk		Bean & Cheese Taco w/WG Flour Tortilla Romaine Lettuce & Tomato w/ranch Fresh Fruit Mix Milk		Au Gratin Potatoes w/Diced Turkey Ham Tropical Fruit WG Garlic Bread Stick Milk		Beef Chili Mac & Cheese w/WG Elbow Pasta & Beans Mandarin Oranges Milk	
WG Pretzel Goldfish Milk		Cheddar Cheese Stick Ritz Crackers Milk		WG Vanilla Graham Bear Milk		WG Zucchini Bread Loaf Milk		WG Graham Cracker Bites Milk	
MONDAY 25		TUESDAY 26		WEDNESDAY 27		THURSDAY 28		FRIDAY 29	
WG Mini Waffles Diced Peaches Milk		WG Kix Cereal Mandarin Oranges Milk		Scrambled Egg Patty Mixed Fruit (Frozen) Milk		WG Cinnamon Toast w/jam Tropical Fruit Milk		WG Blueberry Bagel w/cc Applesauce Milk	
WG Beef Ravioli w/Tomato Sauce Tropical Fruit Milk		Chicken Caldo w/Potatoes, Carrots and Cabbage Saltine Crackers Diced Pears Milk		Broccoli Mac & Cheese w/WG Elbow Pasta Pineapple Tidbits Milk		Turkey Ham Patty w/gravy Sliced Carrots Diced Pears WG Dinner Roll Milk		Beef Stroganoff (Stew Meat) w/ Egg Noodles Steamed Broccoli Mandarin Oranges Milk	
WG Cheddar Goldfish Milk		Animal Crackers Milk		Lowfat Strawberry Yogurt Graham Crackers (Serve water)		Banana Milk		WG Cheese Crackers Milk	



** WG = Whole Grain WW= Whole Wheat

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Menu is reviewed and approved by a Dietician