



**PARENT/CHILD INCORPORATED - MARCH 2024 MENU**

**Central Kitchen Menu**



**MONDAY 4**

WG Mini Pancakes (syrup)  
Diced Peaches  
Milk

Beef Stroganoff  
w/ Egg Noodles  
Broccoli Normandy  
Diced Pears  
Milk

WG Chocolate Tiger Grahams  
Milk

**TUESDAY 5**

WG Corn Flakes  
Pineapple Tidbits  
Milk

Chicken Pasta Salad  
w/Bowtie Pasta  
Garden Salad w/Thousand Island  
Tropical Fruit  
Milk

WG Vanilla Chat Snax  
Milk

**WEDNESDAY 6**

WG Biscuit w/jam  
Mandarin Oranges  
Milk

Bean & Cheese Chalupa  
Romaine & Tomato w/ranch  
WG Tortilla (EHS)  
Green Beans (EHS)  
Banana  
Milk

Lowfat Strawberry Yogurt  
Graham Crackers  
(Serve water)

**THURSDAY 7**

Scrambled Egg Patty  
Whole Wheat Toast  
Tropical Fruit  
Milk

Sliced Ham (Turkey) w/gravy  
Mashed Potatoes  
Diced Peaches  
WG Garlic Bread Stick  
Milk

Colby Cheese Stick  
Saltine Crackers  
Milk

**FRIDAY 1**

WG Bagel w/cc  
Tropical Fruit  
Milk

WG Beef Ravioli  
w/Tomato Sauce  
Pineapple Tidbits  
Milk

Mozzarella Cheese Stick  
Ritz Crackers  
Milk

**MONDAY 11**

**TUESDAY 12**

**WEDNESDAY 13**

**THURSDAY 14**

**FRIDAY 15**



**\*\*\* MARCH 11 - 15, 2024 SPRING BREAK \*\*\***



**MONDAY 18**

WG Mini Waffles (syrup)  
Pineapple Tidbits  
Milk

Beef Lasagna  
w/WG Lasagna Pasta  
Sliced Carrots  
Mandarin Oranges  
Milk

WG Cinnamon Tiger Grahams  
Milk

**TUESDAY 19**

WG Cheerios  
Diced Peaches  
Milk

Chicken, Rice & Broccoli Casserole  
Tropical Fruit  
Milk

WG Rainbow Goldfish  
Milk

**WEDNESDAY 20**

WG English Muffin w/jam  
Mandarin Oranges  
Milk

Bean & Cheese Taco  
WG Flour Tortilla  
Green Beans  
Diced Pears  
Milk

Lowfat Strawberry Yogurt  
Diced Strawberries  
(Serve water)

**THURSDAY 21**

Turkey Sausage Patty  
Whole Wheat Toast  
Applesauce  
Milk

Ham (Turkey) & Cheese Sandwich  
w/White Wheat Bread  
Dill Pickle Spear  
Banana  
Milk

WG Blueberry Muffin  
Milk

**FRIDAY 22**

WG Mini Pancakes (syrup)  
Tropical Fruit  
Milk

Picadillo Taco  
w/Ground Beef & Diced Potatoes  
WG Flour Tortilla  
Pineapple Tidbits  
Milk

Cheddar Cheese Stick  
Ritz Crackers  
Milk

**MONDAY 25**

**TUESDAY 26**

**WEDNESDAY 27**

**THURSDAY 28**

**FRIDAY 29**

WG Mini French Toast (syrup)  
Diced Pears  
Milk

Beef Meatballs w/gravy  
Mashed Potatoes  
Diced Peaches  
WG Dinner Roll  
Milk

WG Strawberry Waffle Graham  
Milk

WG Biscuit w/jam  
Mandarin Oranges  
Milk

Chicken Fajita  
w/Fiesta Blend Vegetables  
Spanish Rice  
Pineapple Tidbits  
Milk

WG Animal Crackers  
Milk

WG Corn Flakes  
Banana  
Milk

Cheese Spaghetti Bake  
w/WG Spaghetti Pasta  
Garden Salad w/Thousand Island  
Applesauce  
Milk

Lowfat Vanilla Yogurt  
Diced Peaches  
(Serve water)

Scrambled Egg Patty  
Tropical Fruit  
Milk

Smothered Turkey  
Mixed Vegetables  
Mandarin Oranges  
WG Garlic Bread Stick  
Milk

WG Chocolate Chip Muffin  
Milk

**\*\* GOOD FRIDAY \*\*  
HOLIDAY**

