



PARENT/CHILD INCORPORATED - JUNE 2024 MENU

Parent Menu



Water to be offered at all times.

<u>MONDAY</u> <u>3</u>	<u>TUESDAY</u> <u>4</u>	<u>WEDNESDAY</u> <u>5</u>	<u>THURSDAY</u> <u>6</u>	<u>FRIDAY</u> <u>7</u>
WG Mini Pancakes (syrup) Diced Pears Milk	WG Rice Chex Tropical Fruit Milk	WG English Muffin w/jam Diced Peaches Milk	WG Cheerios Mandarin Oranges Milk	Scrambled Egg Patty Tropical Fruit Milk
Beef Meatballs w/gravy Mashed Potatoes Mandarin Oranges WG Cornbread Loaf/Muffin Milk	Chicken Alfredo w/ Fetuccini Pasta Broccoli Normandy Pineapple Tidbits Milk	Bean & Cheese Taco w/WG Flour Tortilla Green Beans Fresh Fruit Mix Milk	Chicken (Deli) & Cheese Sandwich w/Whole Wheat Bread (Mayo) Pickle Spear Banana Milk	WG Beef Ravioli w/Tomato Sauce Diced Pears Milk
WG Vanilla Chat Snax Milk	WG Banana Muffin Milk	Low-fat Vanilla Yogurt Diced Strawberries (Serve water)	WG Cheese Crackers Milk	Low-fat Cheddar Cheese Stick Saltine Crackers (Serve water)
<u>MONDAY</u> <u>10</u>	<u>TUESDAY</u> <u>11</u>	<u>WEDNESDAY</u> <u>12</u>	<u>THURSDAY</u> <u>13</u>	<u>FRIDAY</u> <u>14</u>
WG Mini Waffles (syrup) Applesauce Milk	WG Biscuit w/jam Diced Peaches Milk	WG Corn Flakes Banana Milk	Turkey Sausage Patty Mandarin Oranges Milk	WG Mini French Toast (syrup) Pineapple Tidbits Milk
Beef Lasagna Casserole w/Ground Beef & Lasagna Pasta Sliced Carrots Pineapple Tibits Milk	WG Beef Steak Finger Mashed Potatoes w/gravy Tropical Fruit Milk	Cheesy Spaghetti Pasta Bake w/WG Spaghetti Pasta Mixed Vegetables Diced Pears Milk	Ham (Turkey) & Cheese Sandwich w/ White Wheat Bread (Mayo) Pickle Spear Mixed Fruit Milk	BBQ Chicken Sandwich w/White Wheat HB Bun Baked Beans Diced Peaches Milk
WG Animal Crackers Milk	WG Apple Cinnamon Muffin Milk	Low-fat Strawberry Yogurt WG Graham Crackers (Serve water)	Low-Fat Mozzarella Cheese Stick Ritz Crackers (Serve water)	WG Cinnamon Goldfish Milk
<u>MONDAY</u> <u>17</u>	<u>TUESDAY</u> <u>18</u>	<u>WEDNESDAY</u> <u>19</u>	<u>THURSDAY</u> <u>20</u>	<u>FRIDAY</u> <u>21</u>
WG English Muffin w/jam Mandarin Oranges Milk	WG Cheerios Diced Peaches Milk	Juneteenth Holiday		Scrambled Egg Patty Whole Wheat Toast Tropical Fruit Milk
WG Spaghetti Pasta w/Ground Beef Sauce Mixed Vegetables Diced Pears Milk	Soft Chicken Taco w/shrd cheese WW Flour Tortilla Chili-Style Beans Pineapple Tidbits Milk			Mac & Cheese w/Ham and Broccoli Fresh Fruit Mix Milk
WG Strawberry Waffle Graham Milk	WG Rainbow Goldfish Milk			WG Chocolate Chip Muffin Milk
WG Mini French Toast (syrup) Tropical Fruit Milk	WG Corn Flakes Mandarin Oranges Milk	WG Biscuit w/jam Diced Peaches Milk	WG Rice Crispies Pineapple Tidbits Milk	WG Mini Pancakes (syrup) Diced Pears Milk
WG Beef Ravioli w/Tomato Sauce Diced Peaches Milk	Cream Cheese (Penne) Pasta w/Chicken & Spinach Pineapple Tidbits Milk	Bean & Cheese Chalupa Lettuce & Tomato w/Thousand Islan WG Tortilla (EHS) Green Beans (EHS) Fresh Fruit Mix Milk	Cheesy Chicken & Rice Casserole w/Broccoli Mandarin Oranges Milk	Hamburger w/Beef Pattie (Ketchup) w/Whole Wheat Hamburger Bun Coleslaw Pineapple Tidbits Milk
WG Chocolate Tiger Grahams Milk	Low-Fat Colby Cheese Stick Ritz Crackers (Serve water)	WG Lemon Bread Slice Milk	Banana Milk	WG Snack Crackers (Farmers) Milk
<u>MONDAY</u> <u>24</u>	<u>TUESDAY</u> <u>25</u>	<u>WEDNESDAY</u> <u>26</u>	<u>THURSDAY</u> <u>27</u>	<u>FRIDAY</u> <u>28</u>
WG Mini French Toast (syrup) Tropical Fruit Milk	WG Corn Flakes Mandarin Oranges Milk	WG Biscuit w/jam Diced Peaches Milk	WG Rice Crispies Pineapple Tidbits Milk	Turkey Sausage Patty Whole Wheat Toast Applesauce Milk
WG Beef Ravioli w/Tomato Sauce Diced Peaches Milk	Cream Cheese (Penne) Pasta w/Chicken & Spinach Pineapple Tidbits Milk	Bean & Cheese Chalupa Lettuce & Tomato w/Thousand Islan WG Tortilla (EHS) Green Beans (EHS) Fresh Fruit Mix Milk	Cheesy Chicken & Rice Casserole w/Broccoli Mandarin Oranges Milk	Sloppy Joe (Ground Beef) w/White Wheat Hamburger Bun Mustard Potato Salad Tropical Fruit Milk
WG Chocolate Tiger Grahams Milk	Low-Fat Colby Cheese Stick Ritz Crackers (Serve water)	WG Lemon Bread Slice Milk	Banana Milk	WG Cheddar Goldfish Milk

** WG = Whole Grain WW= Whole Wheat

Menu is reviewed and approved by a Dietician

** Water offered at all times**