



PARENT/CHILD INCORPORATED - OCTOBER 2024 MENU

PARENT MENU



Water to be offered at all times.



TUESDAY 1

WG Cheerios
Pineapple Tidbits
Milk

Broccoli & Cheese Pasta (Rotini)
w/Diced Chicken
Diced Peaches
Milk

WG Apple Cinnamon Muffin
Milk

WEDNESDAY 2

Scrambled Egg Patty
WG Wheat Toast
Diced Pears
Milk

Bean & Cheese Taco
w/WG Flour Tortilla
Green Beans
Banana
Milk

Low-fat Strawberry Yogurt
WG Graham Crackers
(Serve water)

THURSDAY 3

WG Corn Flakes
Mandarin Oranges
Milk

Turkey Alfredo
w/Fettuccini Pasta
Garden Salad w/Thousand Island
Pineapple Tidbits
Milk

WG Chocolate Tiger Grahams
Milk

FRIDAY 4

WG Mini Waffles (syrup)
Applesauce
Milk

Beef w/ Stir Fry Vegetables
Steamed White Rice
Tropical Fruit
Milk

Colby Cheese Stick
Saltine Crackers
(Serve water)

MONDAY 7

WG English Muffin w/jam
Mandarin Oranges
Milk

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

WG Animal Crackers
Milk

Staff Development Day
PCI Closed

MONDAY 14

****Columbus Day****
WG Mini Pancakes (syrup)
Applesauce
Milk

WG Beef Ravioli
w/Tomato Sauce
Tropical Fruit
Milk

WG Cinnamon Goldfish
Milk

MONDAY 21

WG Mini Waffles (syrup)
Pineapple Tidbits
Milk

Chili Con Carne
w/Pinto Beans
Diced Peaches
Saltine Crackers
Milk

WG Snack Crackers (Farmers)
Milk

MONDAY 28

Scrambled Egg Patty
WG Wheat Toast
Diced Peaches
Milk

Beef Conchita's (Pasta Shells)
w/Ground Beef Meat Sauce
Sliced Carrots
Diced Pears
Milk

WG Cheddar Goldfish
Milk

TUESDAY 8

WG Rice Chex
Pineapple Tidbits
Milk

Chicken Fajita Taco
WG Flour Tortilla
Tropical Fruit
Romaine Lettuce & Tomatoes w/Ranch
Milk

WG Zucchini Bread Slice
Milk

TUESDAY 15

WG Biscuit w/jam
Pineapple Tidbits
Milk

Chicken Caldo
w/Diced Potatoes & Sliced Carrots
Mandarin Oranges
WG Breadstick
Milk

WG Strawberry Waffle Graham
Milk

TUESDAY 22

Rice Crispies
Mandarin Oranges
Milk

Chicken & Pasta Primavera
w/Rotini Pasta
Mixed Vegetables
Diced Pears
Milk

WG Chocolate Chip Muffin
Milk

TUESDAY 29

WG Mini Pancakes (syrup)
Applesauce
Milk

Grilled Chicken Patty w/gravy
Steamed Broccoli
Mandarin Oranges
WG Dinner Roll
Milk

Low-fat Vanilla Yogurt
Blueberries
(Serve water)

WEDNESDAY 9

WG Mini French Toast (syrup)
Applesauce
Milk

Macaroni & Cheese
w/Elbow Pasta
Mixed Vegetables
Diced Pears
Milk

Low-fat Vanilla Yogurt
Sliced Strawberries
(Serve water)

WEDNESDAY 16

WG Corn Flakes
Banana
Milk

Bean & Cheese Chalupa
Romaine Lettuce & Tomato (Ranch)
WG Tortilla (EHS)
Green Beans (EHS)
Tropical Fruit
Milk

WG Lemon Bread Slice
Milk

WEDNESDAY 23

Turkey Sausage Patty
Banana
Milk

WG Corn Bread Loaf w/Chili Beans
Shredded Cheddar Cheese
Tropical Fruit
Milk

WG Vanilla Chat Snax
Milk

WEDNESDAY 30

WG Rice Chex
Pineapple Tidbits
Milk

Bean & Cheese Taco
w/WG Flour Tortilla
Mixed Vegetables
Tropical Fruit
Milk

Banana
Milk

THURSDAY 10

WG Banana Muffin
Tropical Fruit
Milk

Diced Turkey w/gravy
Steamed White Rice
Broccoli Florets
Mandarin Oranges
Milk

WG Rainbow Goldfish
Milk

THURSDAY 17

Scrambled Egg Patty
Mandarin Oranges
Milk

Turkey Tetrazzini
w/WG Bowtie Pasta
Steamed Broccoli Florets
Pineapple Tidbits
Milk

WG Cheez Its Crackers
Milk

THURSDAY 24

WG Cheerios
Diced Peaches
Milk

Turkey Ham Slice w/gravy
Mashed Potatoes
Pineapple Tidbits
WG Dinner Roll
Milk

Low-fat Strawberry Yogurt
WG Graham Crackers
(Serve water)

THURSDAY 31

WG Biscuit w/jam
Mandarin Oranges
Milk

Turkey Ham & Cheese Sandwich (mayo)
w/White Wheat Bread
Pickle Spear
Diced Peaches
Milk

WG Pumpkin Bread Slice
Milk

FRIDAY 11

Turkey Sausage Patty
WG Wheat Toast
Diced Peaches
Milk

Beef Stew
w/Diced Potatoes & Sliced Carrots
Pineapple Tidbits
WG Cornbread Loaf
Milk

Mozzarella Cheese Stick
Ritz Crackers
(Serve water)

FRIDAY 18

WG Cinnamon Raisin Toast w/jam
Tropical Fruit
Milk

Beef Sloppy Joes
w/White Wheat HB Bun
Ranch Style Beans
Diced Pears
Milk

Low-fat Vanilla Yogurt
Diced Peaches
(Serve water)

FRIDAY 25

WG English Muffin w/jam
Mandarin Oranges
Milk

Beef Lasagna Soup
w/WG Lasagna Pasta
Green Beans
Applesauce
Milk

Cheddar Cheese Stick
Ritz Crackers
(Serve water)

