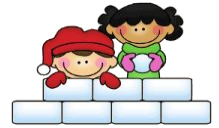






# PARENT/CHILD INCORPORATED - JANUARY 2025 MENU

## Parent Menu - PCI



| WEDNESDAY 1  |   | THURSDAY 2                                      |  | FRIDAY 3   |   |   |  |  |  |
|--|---|---|--|--|---|---|--|--|--|
| <b>NEW YEAR'S DAY HOLIDAY</b><br> |   | <b>WINTER BREAK</b>                             |  | <b>WINTER BREAK</b>  |   |   |  |  |  |
| MONDAY 6   |   | TUESDAY 7                                       |  | WEDNESDAY 8  |   | THURSDAY 9  |  | FRIDAY 10  |  |
| <b>WINTER BREAK</b>  |   | WG Cheerios<br>Mandarin Oranges<br>Milk         | Shredded Chicken w/gravy<br>Mashed Potatoes<br>Pineapple Tidbits<br>WG Garlic Breadstick<br>Milk             | WG English Muffin w/jam<br>Applesauce<br>Milk                        | Bean & Cheese Taco<br>WG Flour Tortilla<br>Green Beans<br>Banana<br>Milk  | Rice Chex<br>Diced Peaches<br>Milk  | Turkey (Ham) & Cheese Sandwich<br>w/Whole Wheat Bread (mayo)<br>Lettuce & Tomato w/Ranch<br>Tropical Fruit<br>Milk | Turkey Sausage Patty<br>WG Banana Bread Loaf<br>Pineapple Tidbits<br>Milk            | Hamburger w/Beef Patty (ketchup)<br>w/White Wheat HB Bun<br>Pickle Spear<br>Diced Pears<br>Milk                      |
| MONDAY 13  |   | TUESDAY 14                                      |  | WEDNESDAY 15   |   | THURSDAY 16   |  | FRIDAY 17  |  |
| WG Biscuit w/jam<br>Mandarin Oranges<br>Milk   | WG Oatmeal (cinnamon & sugar)<br>Diced Peaches<br>Milk            | Corn Flakes<br>Banana<br>Milk                   | WG Corn Bread w/Pinto Beans<br>Shredded Cheddar Cheese<br>Pineapple Tidbits<br>Milk                          | Scrambled Egg Patty<br>WG Flour Tortilla<br>Mandarin Oranges<br>Milk | Macaroni & Cheese<br>w/Diced Turkey Ham<br>Mixed Vegetables<br>Diced Pears<br>Milk                                      | WG Orange Dream Muffin<br>Milk  | WG Mini French Toast (syrup)<br>Applesauce<br>Milk   | Beef Meatballs w/gravy<br>Mashed Potatoes<br>Diced Peaches<br>WG Dinner Roll<br>Milk | WG Vanilla Chat Snax<br>Milk   |
| MONDAY 20  |   | TUESDAY 21                                      |  | WEDNESDAY 22   |   | THURSDAY 23   |  | FRIDAY 24  |  |
| <b>**MLK JR HOLIDAY**</b><br>    |   | WG Mini Pancakes (syrup)<br>Diced Pears<br>Milk | Chicken Caldo (Chicken Soup)<br>w/Sliced Carrots & Potatoes<br>Pineapple Tidbits<br>Saltine Crackers<br>Milk | WG English Muffin w/jam<br>Diced Peaches<br>Milk                     | Cheesy Broccoli & Rice Casserole<br>Tropical Fruit<br>Milk  | Rice Crispies<br>Mandarin Oranges<br>Milk                                 | Turkey Ham Slice w/gravy<br>Mashed Sweet Potatoes<br>Applesauce<br>WG Garlic Bread Stick<br>Milk                   | Turkey Sausage Patty<br>w/ WG Wheat Toast<br>Pineapple Tidbits<br>Milk               | Soft Ground Beef Tacos<br>w/Shredded Cheddar Cheese<br>WG Flour Tortilla<br>Ranch Style Beans<br>Diced Pears<br>Milk |
| MONDAY 27  |   | TUESDAY 28                                      |  | WEDNESDAY 29   |   | THURSDAY 30   |  | FRIDAY 31  |  |
| Scrambled Egg Patty<br>WG Cinnamon Raisin Toast<br>Diced Peaches<br>Milk   | Low-fat Mozzarella Cheese Stick<br>Ritz Crackers<br>(Serve water) | WG Chocolate Chip Muffin<br>Milk                | WG Chocolate Tiger Grahams<br>Milk   | WG Oatmeal (cinnamon & sugar)<br>Banana<br>Milk                      | Bean & Cheese Chalupa<br>Romaine & Tomato w/Ranch<br>WG Flour Tortilla (EHS)<br>Green Beans (EHS)<br>Applesauce<br>Milk | Low-fat Strawberry Yogurt<br>WG Strawberry Waffle Graham<br>(Serve water) | WG Biscuit w/jam<br>Tropical Fruit<br>Milk   | WG Mini Waffles (syrup)<br>Diced Pears<br>Milk                                       | Beef Pattie w/gravy<br>Mashed Potatoes<br>Mandarin Oranges<br>WG Dinner Roll<br>Milk                                 |
| Chili Con Carne<br>w/Pinto Beans<br>Tropical Fruit<br>WG Corn Bread Loaf<br>Milk                                   | WG Cheddar Goldfish<br>Milk                                       | WG Cheerios<br>Pineapple Tidbits<br>Milk        | Chicken Broccoli Alfredo<br>w/Rotini Pasta<br>Mandarin Oranges<br>Milk                                       | Low-fat Vanilla Yogurt<br>Diced Peaches<br>(Serve water)             | Turkey Tetrazzini<br>w/Spagetti Pasta<br>Mixed Vegetables<br>Pineapple Tidbits<br>Milk                                  | WG Blueberry Muffin<br>Milk   | Low-fat Colby Jack Cheese Stick<br>Saltine Crackers<br>(Serve water)   |  |  |