



PARENT/CHILD INCORPORATED - MARCH 2025 MENU



**MONDAY 3**

WG Pancake Bites w/syrup  
Diced Peaches  
Milk

Beef Stroganoff (Ground Beef)  
w/ Egg Noodles  
Broccoli Normandy  
Diced Pears  
Milk

WG Chocolate Tiger Grahams  
Milk

**TUESDAY 4**

WG Kix Cereal  
Pineapple Tidbits  
Milk

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

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

**WEDNESDAY 5**

**Ash Wednesday**  
WG English Muffin w/jam  
Mandarin Oranges  
Milk

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

WG Vanilla Chat Snax  
Milk

**THURSDAY 6**

Rice Chex  
Tropical Fruit  
Milk

Cheesy Scalloped Potatoes  
w/Diced Turkey Ham  
Diced Peaches  
WG Garlic Bread Stick  
Milk

Cheddar Cheese Stick  
Ritz Crackers  
(Serve water)

**FRIDAY 7**

Turkey Sausage Patty  
Whole Wheat Toast  
Pineapple Tidbits  
Milk

Hamburger w/Beef Pattie (ketchup)  
Whole Wheat HB Bun  
Broccoli w/Cheese sauce  
Diced Pears  
Milk

WG Blueberry Muffin  
Milk

**MONDAY 10**



\*\*\* MARCH 10 - 14, 2025

SPRING BREAK \*\*\*



**MONDAY 17**

Turkey Sausage Patty  
WG Zucchini Bread Loaf  
Diced Pears  
Milk



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

WG Snack Crackers (Presidents)  
Milk

**TUESDAY 18**

WG Cinnamon Raisin Toast w/jam  
Mandarin Oranges  
Milk

Chicken Pot Pie Noodle Bake  
w/Egg Noodles & Peas/Carrots  
Pineapple Tidbits  
Milk

WG Rainbow Goldfish  
Milk

**WEDNESDAY 19**

WG Cheerios  
Tropical Fruit  
Milk

Cheesy Spaghetti Bake  
w/WG Spaghetti Pasta  
Romaine Lettuce & Tomato w/Ranch  
Applesauce  
Milk

Low-fat Strawberry Yogurt  
Sliced Strawberries  
(Serve water)

**THURSDAY 20**

WG English Muffin w/jam  
Diced Peaches  
Milk

Deli Chicken & Cheese Sandwich  
w/White Wheat Bread (Mayo)  
Dill Pickle Spear  
Banana  
Milk

WG Apple Cinnamon Muffin  
Milk

**FRIDAY 21**

WG Mini French Toast w/syrup  
Pineapple Tidbits  
Milk

Picadillo Taco  
w/Ground Beef & Diced Potatoes  
WG Flour Tortilla  
Tropical Fruit  
Milk

Colby Jack Cheese Stick  
Saltine Crackers  
(Serve water)

**MONDAY 24**

WG Mini Waffles w/syrup  
Mandarin Oranges  
Milk

Beef Lasagna  
w/WG Lasagna Pasta  
Sliced Carrots  
Diced Pears  
Milk

WG Strawberry Waffle Graham  
Milk

**TUESDAY 25**

WG Pancake & Sausage Bites  
Tropical Fruit  
Milk

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

Low-fat Vanilla Yogurt  
Diced Peaches  
(Serve water)

**WEDNESDAY 26**

WG Corn Flakes  
Banana  
Milk

Bean & Cheese Taco  
WG Flour Tortilla  
Steamed Broccoli  
Applesauce  
Milk

WG Cheddar Cheez Its  
Milk

**THURSDAY 27**

WG Biscuit w/jam  
Mandarin Oranges  
Milk

Smothered Turkey (Shredded)  
Mixed Vegetables  
Pineapple Tidbits  
WG Garlic Bread Stick  
Milk

WG Chocolate Chip Muffin  
Milk

**FRIDAY 28**

Scrambled Egg Patty  
WG Flour Tortilla  
Diced Peaches  
Milk

Sloppy Joe's (Ground Beef)  
White Wheat HB Buns  
Green Beans  
Diced Pears  
Milk

WG Animal Crackers  
Milk

**MONDAY 31**

WG Mini Chocolate Chip French Toast  
Pineapple Tidbits  
Milk

WG Spaghetti  
w/Ground Beef Sauce  
Broccoli Normandy  
Tropical Fruit  
Milk

Low-Fat Mozzarella Cheese Stick  
Ritz Crackers  
(Serve water)

WG= Whole Grain WW= Whole Wheat

\*\*Menu is reviewed and approved by a Dietician\*\*

\*\*Water offered at all times\*\*