



PARENT/CHILD INCORPORATED - MAY 2025 MENU

Water to be offered at all times.

Parent Menu



**** Battle of Flowers ****

MONDAY 5

WG Pancake Bites (syrup)
Applesauce
Milk

WG Beef Tamales
Pinto Beans
Lettuce & Tomato w/Ranch
Pineapple Tidbits
Milk

WG Rainbow Goldfish
Milk

MONDAY 12

WG Mini Waffles (syrup)
Mandarin Oranges
Milk

Picadillo Beef Taco
w/Diced Potatoes
WG Flour Tortilla
Diced Pears
Milk

WG Snack Crackers (Presidents)
Milk

MONDAY 19

WG Mini French Toast (syrup)
Diced Peaches
Milk

WG Spaghetti
w/Ground Beef Meat Sauce
Sliced Carrots
Tropical Fruit
Milk

WG Animal Crackers
Milk

MONDAY 26

MEMORIAL DAY HOLIDAY



** WG = Whole Grain WW= Whole Wheat

TUESDAY 6

Scrambled Egg Patty
WG Flour Tortilla
Mandarin Oranges
Milk

Chicken Teryaki
w/Broccoli & Sliced Carrots
Steamed White Rice
Tropical Fruit
Milk

Low-fat Vanilla Yogurt
Diced Peaches
(Serve water)

TUESDAY 13

WG Cheerios
Pineapple Tidbits
Milk

Chicken Fajita
w/Fiesta Blend Vegetables
Spanish Rice
Tropical Fruit
Milk

WG Cheddar Goldfish
Milk

TUESDAY 20

WG Biscuit w/jam
Mandarin Oranges
Milk

BBQ Chicken Sandwich
White Wheat HB Bun
Baked Beans
Diced Pears
Milk

WG Chocolate Chip Muffin
Milk

TUESDAY 27

WG Rice Crispiers
Tropical Fruit
Milk

Chili con Carne
w/Pinto Beans
Saltine Crackers
Diced Pears
Milk

WG Cheese Its Crackers
Milk

WEDNESDAY 7

WG Corn Flakes
Banana
Milk

Macaroni & Cheese
w/Elbow Pasta
Green Beans
Diced Pears
Milk

WG Apple Cinnamon Muffin
Milk

WEDNESDAY 14

WG English Muffin w/jam
Diced Peaches
Milk

Penne Pasta Bake
w/Spaghetti Sauce
Shredded Mozzarella Cheese
Applesauce
Milk

Fresh Mandarin Orange
Saltine Crackers
(Serve water)

WEDNESDAY 21

WG Corn Flakes
Banana
Milk

Creamy Spinach Lasagna
w/WG Lasagna Pasta
Garden Salad w/Thousand Island
Pineapple Tidbits
Milk

Low-fat Vanilla Yogurt
Diced Strawberries (frozen)
(Serve water)

WEDNESDAY 28

Turkey Sausage Patty
WG Cinnamon Raisin Toast
Applesauce
Milk

Bean & Cheese Taco
w/WG Flour Tortilla
Broccoli w/Cheese sauce
Diced Peaches
Milk

Low-fat Strawberry Yogurt
WG Honeybun Goldfish
(Serve water)

THURSDAY 1

WG Rice Chex
Tropical Fruit
Milk

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

WG Orange Dream Muffin
Milk

THURSDAY 8

WG Biscuit w/jam
Pineapple Tidbits
Milk

Diced Turkey w/gravy
Mashed Potatoes w/parsley
Mandarin Oranges
WG Dinner Roll
Milk

Low-fat Colby Cheese Stick
Ritz Crackers
(Serve water)

THURSDAY 15

WG Rice Krispies
Tropical Fruit
Milk

Sliced Ham (Turkey) w/gravy
Mashed Potatoes
Pineapple Tidbits
WG Dinner Roll
Milk

WG Banana Muffin
Milk

THURSDAY 22

Scrambled Egg Patty
WG Flour Tortilla
Diced Peaches
Milk

Cheesy Scalloped Potatoes
w/Diced Turkey Ham
Tropical Fruit
WG Garlic Breadstick
Milk

WG Graham "Bug" Bites
Milk

THURSDAY 29

WG Cheerios
Pineapple Tidbits
Milk

Turkey & Cheese Sandwich
w/Whole Wheat Bread (mayo)
Pickle Spear
Fresh Mandarin Orange
Milk

WG Graham Crackers
Milk

FRIDAY 2

WG English Muffin w/jam
Pineapple Tidbits
Milk

WG Beef Ravioli
w/Tomato Sauce
Mandarin Oranges
Milk

WG Vanilla Chat Snax
Milk

FRIDAY 9

WG Mini French Toast (syrup)
Tropical Fruit
Milk

Sloppy Joe (Ground Beef)
WG HB Bun
Coleslaw
Diced Peaches
Milk

WG Chocolate Tiger Grahams
Milk

FRIDAY 16

Turkey Sausage Patty
Whole Wheat Toast
Diced Pears
Milk

Hamburger w/Beef Pattie (ketchup)
White Wheat HB Bun
Lettuce & Diced Tomato w/ Ranch
Diced Peaches
Milk

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

FRIDAY 23

WG Mini Waffles (syrup)
Mandarin Oranges
Milk

Cajun "Dirty" Rice
w/Ground Beef
Sliced Carrots
Diced Pears
Milk

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

FRIDAY 30

WG English Muffin w/jam
Diced Peaches
Milk

WG Beef Ravioli
w/Tomato Sauce
Tropical Fruit
Milk

WG Chocolate Graham Bear
Milk

Menu is reviewed and approved by a Dietician

** Water offered at all times**