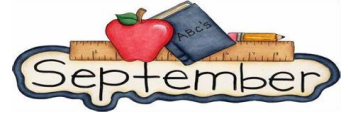





# PARENT/CHILD INCORPORATED - SEPTEMBER 2025 MENU

## Parent Menu



\*\*\*Water to be offered at all times.\*\*\*

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
<b>LABOR DAY HOLIDAY</b>  <b>LABOR DAY</b>	WG Mini Pancakes w/syrup Tropical Fruit Milk  Chicken Alfredo w/Fettuccini Pasta Mixed Vegetables Mandarin Oranges Milk  WG Cheese Its Crackers Milk	WG Rice Chex Diced Peaches Milk  Bean & Cheese Taco w/WG Flour Tortilla Green Beans Diced Pears Milk  WG Chocolate Graham Bear Milk	WG Biscuit w/jam Pineapple Tidbits Milk  Diced Turkey w/gravy Steamed Broccoli Tropical Fruit WG Dinner Roll Milk  Low-fat Colby Cheese Stick Saltine Crackers (Serve Water)	Scrambled Egg Patty WG Flour Tortilla Mandarin Oranges Milk  Beef Stew (Stew Meat) w/Diced Potatoes & Sliced Carrots Applesauce WG Cornbread Loaf Milk  WG Animal Crackers Milk
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Turkey Sausage Patty Whole Wheat Toast w/butter Diced Pears Milk  WG Spaghetti w/Ground Beef Sauce Green Beans Diced Peaches Milk  WG Rainbow Goldfish Milk	WG Cheerios Pineapple Tidbits Milk  Chicken Taco w/shrd Cheese WG Flour Tortilla Pinto Beans Mandarin Oranges Milk  WG Banana Muffin Milk	WG English Muffin w/jam Applesauce Milk  Macaroni & Cheese w/Elbow Pasta Steamed Broccoli Tropical Fruit Milk  Low-fat Vanilla Yogurt Diced Peaches (Serve Water)	WG Corn Flakes Banana Milk  Beef Pattie w/gravy Mashed Potatoes Pineapple Tidbits WG Dinner Roll Milk  WG Chocolate Tiger Grahams Milk	WG Mini French Toast w/syrup Diced Pears Milk  Turkey Ham & Cheese Sandwich (maye w/White Wheat Bread Shredded Lettuce & Diced Tomatoes Mandarin Oranges (Thousand Island) Milk  Low-fat Cheddar Cheese Stick Ritz Crackers (Serve water)
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
WG Mini Waffles (syrup) Applesauce Milk  WG Beef Ravioli w/Tomato Sauce Tropical Fruit Milk  WG Vanilla Chat Snax Milk	WG Cinnamon Raisin Toast w/jam Mandarin Oranges Milk  Grilled Chicken Patty w/gravy Sliced Carrots Pineapple Tidbits WG Garlic Bread Stick Milk  Low-fat Strawberry Yogurt WG Strawberry Waffle Graham (Serve Water)	Rice Crispies Diced Peaches Milk  Bean & Cheese Chalupa Lettuce & Tomato w/Ranch WG Tortilla (EHS) Green Beans (EHS) Banana Milk  WG Blueberry Muffin Milk	Scrambled Egg Patty WG Flour Tortilla Tropical Fruit Milk  Cheddar Broccoli Casserole w/Turkey ham & Diced Potatoes WG Dinner Roll Mandarin Oranges Milk  Low-fat Mozzarella Cheese Stick Pineapple Tidbits (Serve Water)	WG Biscuit w/butter Pineapple Tidbits Milk  Hamburger w/ Beef Pattie (ketchup) w/White Wheat Hamburger Bun Pickle Spear Diced Peaches Milk  WG Honey Bun Goldfish Milk
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
WG Chocolate Chip French Toast Mandarin Oranges Milk  Beef Lasagna Casserole w/WG Lasagna Pasta Broccoli Normandy Diced Pears Milk  WG Animal Crackers Milk	WG Kix Cereal Pineapple Tidbits Milk  Chicken Caldo w/Diced Potatoes & Carrots Saltine Crackers Tropical Fruit Milk  WG Apple Cinnamon Muffin Milk	Turkey Sausage Patty Whole Wheat Toast w/butter Banana Milk  Three Cheese Fettuccini Alfredo w/Fettuccini Pasta Mixed Vegetables Diced Peaches Milk  Low-fat Vanilla Yogurt Sliced Strawberries (Serve water)	WG Cheerios Mandarin Oranges Milk  Turkey Ham Patty w/gravy Mashed Potatoes Pineapple Tidbits WG Garlic Breadstick Milk  WG Graham Crackers Milk	WG English Muffin w/jam Tropical Fruit Milk  Sloppy Joe (Ground Beef) WG Hamburger Bun Pinto Beans Diced Pears Milk  Low-fat Colby Cheese Stick Ritz Crackers (Serve water)
MONDAY 29	TUESDAY 30			
WG Mini Pancakes w/syrup Pineapple Tidbits Milk  Beef Picadillo Taco w/Diced Potatoes WG Flour Tortilla Tropical Fruit Milk  WG Cheddar Goldfish Milk	WG Biscuit w/jam Diced Peaches Milk  Chicken "Taco" Spaghetti Bake w/WG Spaghetti Pasta Green Beans Diced Pears Milk  WG Apple Cinnamon Graham Bear Milk			

\*\* WG = Whole Grain WW= Whole Wheat

\*\*Water to be offered at all times.\*\*

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