



PARENT/CHILD INCORPORATED - JANUARY 2026 MENU

Parent Menu



THURSDAY 1

NEW YEAR'S DAY HOLIDAY



FRIDAY 2

WG Kix Cereal
Tropical Fruit
Milk

WG Fish Pattie
Mixed Vegetables
Applesauce
Milk

WG Cheese Its Crackers
Milk

FRIDAY 9

Turkey Sausage Patty
WG Banana Bread Loaf
Pineapple Tidbits
Milk

Hamburger w/Beef Patty (ketchup)
w/White Wheat HB Bun
Pickle Spear
Mandarin Oranges
Milk

Low-fat Cheddar Cheese Stick
Saltine Crackers
(Serve water)

FRIDAY 16

WG Mini French Toast (syrup)
Applesauce
Milk

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

WG Orange Dream Muffin
Milk

FRIDAY 23

WG Turkey Sausage Patty
WG Cinnamon Raisin Toast w/butter
Diced Pears
Milk

Beef Meatballs w/gravy
Mashed Potatoes
Pineapple Tidbits
WG Dinner Roll
Milk

WG Cheese Its Crackers
Milk

FRIDAY 30

Scrambled Egg Patty
Whole Wheat Toast w/butter
Diced Pears
Milk

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

WG Apple Cinnamon Bear
Milk

THURSDAY 8

Rice Chex
Diced Peaches
Milk

Chicken & Cheese Enchilada Casserole
w/Corn Tortillas
Pinto Beans
Diced Pears
Milk

WG Apple Cinnamon Muffin
Milk

THURSDAY 15

Scrambled Egg Patty
WG Flour Tortilla
Mandarin Oranges
Milk

Macaroni & Cheese
w/Diced Turkey Ham
Mixed Vegetables
Diced Pears
Milk

Low-fat Colby Jack Cheese Stick
Saltine Crackers
(Serve water)

THURSDAY 22

Rice Crispies
Mandarin Oranges
Milk

Turkey Ham Slice w/gravy
Mashed Sweet Potatoes
Applesauce
WG Garlic Bread Stick
Milk

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

THURSDAY 29

WG Kix Cereal
Tropical Fruit
Milk

Turkey Noodle Soup
w/Egg Noodles Pasta & Sliced Carrots
Pineapple Tidbits
Milk

Low-fat Vanilla Yogurt
Blueberries
(Serve water)

WEDNESDAY 7

WG English Muffin w/jam
Applesauce
Milk

Fettucini Alfredo
w/Mozzarella Cheese
Green Beans
Tropical Fruit
Milk

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

WEDNESDAY 14

Corn Flakes
Banana
Milk

Bean & Cheese Taco
WG Flour Tortilla
Green Beans
Pineapple Tidbits
Milk

WG Rainbow Goldfish
Milk

WEDNESDAY 21

WG English Muffin w/jam
Diced Peaches
Milk

Beef Stroganoff
w/Egg Noodles
Green Beans
Tropical Fruit
Milk

WG Blueberry Muffin
Milk

WEDNESDAY 28

WG Biscuit w/jam
Applesauce
Milk

Bean & Cheese Chalupa
Romaine & Tomato w/Ranch
WG Flour Tortilla (EHS)
Green Beans (EHS)
Diced Pears
Milk

WG Chocolate Chip Muffin
Milk

TUESDAY 6

WG Cheerios
Mandarin Oranges
Milk

Beef Picadillo Taco
w/Diced Potatoes
WG Flour Tortilla
Pineapple Tidbits
Milk

WG Chocolate Graham Bear
Milk

TUESDAY 13

WG Oatmeal (cinnamon & sugar)
Diced Peaches
Milk

Chicken Teryaki
Stir Fry Vegetables w/White Rice
Tropical Fruit
Milk

Low-fat Vanilla Yogurt
Sliced Strawberries
(Serve water)

TUESDAY 20

WG Mini Pancakes (syrup)
Diced Pears
Milk

Chicken Caldo (Chicken Soup)
w/Sliced Carrots & Potatoes
Pineapple Tidbits
Saltine Crackers
Milk

WG Vanilla "Sports" Graham Bites
Milk

TUESDAY 27

WG Cheerios
Pineapple Tidbits
Milk

BBQ Chicken Sandwich
WG Slider Buns
Baked Beans
Mandarin Oranges
Milk

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

MONDAY 5

WG Mini Waffles (syrup)
Diced Peaches
Milk

WG Beef Ravioli
w/Tomato Sauce
Diced Pears
Milk

WG Pretzel Goldfish
Milk

MONDAY 12

WG Biscuit w/jam
Mandarin Oranges
Milk

WW Spaghetti
w/Ground Beef Meat Sauce
Sliced Carrots
Diced Pears
Milk

WG Animal Crackers
Milk

MONDAY 19

****MLK JR HOLIDAY****



MONDAY 26

WG Mini Waffles (syrup)
Diced Peaches
Milk

Fideo Loco
w/Ground Beef & Pinto Beans
Tropical Fruit
Milk

WG Cheddar Goldfish
Milk

WG= Whole Grain WW= Whole Wheat

Menu is reviewed and approved by a Dietician

Water offered at all times