



PARENT/CHILD INCORPORATED - JANUARY 2026 MENU

Parent Menu



MONDAY 5	
WG Mini Waffles (syrup) Diced Peaches Milk	
WG Beef Ravioli w/Tomato Sauce Diced Pears Milk	Beef Picadillo Taco w/Diced Potatoes WG Flour Tortilla Pineapple Tidbits Milk
WG Pretzel Goldfish Milk	WG Chocolate Graham Bear Milk
MONDAY 12	
WG Biscuit w/jam Mandarin Oranges Milk	WG Oatmeal (cinnamon & sugar) Diced Peaches Milk
WW Spaghetti w/Ground Beef Meat Sauce Sliced Carrots Diced Pears Milk	Chicken Teryaki Stir Fry Vegetables w/White Rice Tropical Fruit Milk
WG Animal Crackers Milk	Low-fat Vanilla Yogurt Sliced Strawberries (Serve water)
MONDAY 19	
MLK JR HOLIDAY	
WG Mini Waffles (syrup) Diced Peaches Milk	WG Mini Pancakes (syrup) Diced Pears Milk
Fideo Loco w/Ground Beef & Pinto Beans Tropical Fruit Milk	Chicken Caldo (Chicken Soup) w/Sliced Carrots & Potatoes Pineapple Tidbits Saltine Crackers Milk
WG Cheddar Goldfish	WG Vanilla "Sports" Graham Bites Milk

TUESDAY 6	
WG Cheerios Mandarin Oranges Milk	WG English Muffin w/jam Applesauce Milk
Beef Picadillo Taco w/Diced Potatoes WG Flour Tortilla Pineapple Tidbits Milk	Fettuccini Alfredo w/Mozzarella Cheese Green Beans Tropical Fruit Milk
WG Chocolate Graham Bear Milk	Low-fat Strawberry Yogurt WG Graham Crackers (Serve water)
TUESDAY 13	
WG Oatmeal (cinnamon & sugar) Diced Peaches Milk	Corn Flakes Banana Milk
Chicken Teryaki Stir Fry Vegetables w/White Rice Tropical Fruit Milk	Bean & Cheese Taco WG Flour Tortilla Green Beans Pineapple Tidbits Milk
Low-fat Vanilla Yogurt Sliced Strawberries (Serve water)	WG Rainbow Goldfish Milk
TUESDAY 20	
WG Mini Pancakes (syrup) Diced Pears Milk	WG English Muffin w/jam Diced Peaches Milk
Chicken Caldo (Chicken Soup) w/Sliced Carrots & Potatoes Pineapple Tidbits Saltine Crackers Milk	Beef Stroganoff w/Egg Noodles Green Beans Tropical Fruit Milk
WG Vanilla "Sports" Graham Bites Milk	WG Blueberry Muffin Milk
TUESDAY 27	
WG Cheerios Pineapple Tidbits Milk	WG Biscuit w/jam Applesauce Milk
BBQ Chicken Sandwich WG Slider Buns Baked Beans Mandarin Oranges Milk	Bean & Cheese Chalupa Romaine & Tomato w/Ranch WG Flour Tortilla (EHS) Green Beans (EHS) Diced Pears Milk
Low-fat Mozzarella Cheese Stick Ritz Crackers (Serve water)	WG Chocolate Chip Muffin Milk

THURSDAY 1	
NEW YEAR'S DAY HOLIDAY	
Rice Chex Diced Peaches Milk	WG Kix Cereal Tropical Fruit Milk
Chicken & Cheese Enchilada Casserole w/Corn Tortillas Pinto Beans Diced Pears Milk	WG Fish Pattie Mixed Vegetables Applesauce Milk
WG Apple Cinnamon Muffin Milk	WG Cheese Its Crackers Milk
THURSDAY 8	
Scrambled Egg Patty WG Flour Tortilla Mandarin Oranges Milk	Hamburger w/Beef Patty (ketchup) w/White Wheat HB Bun Pickle Spear Mandarin Oranges Milk
Macaroni & Cheese w/Diced Turkey Ham Mixed Vegetables Diced Pears Milk	Low-fat Cheddar Cheese Stick Saltine Crackers (Serve water)
THURSDAY 15	
Low-fat Colby Jack Cheese Stick Saltine Crackers (Serve water)	WG Mini French Toast (syrup) Applesauce Milk
WG Orange Dream Muffin Milk	Chili Con Carne w/Pinto Beans Diced Peaches Ritz Crackers Milk
THURSDAY 22	
WG Turkey Sausage Patty WG Cinnamon Raisin Toast w/butter Diced Pears Milk	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	Low-fat Strawberry Yogurt WG Strawberry Waffle Graham (Serve water)
WG Cheese Its Crackers Milk	WG Cheese Its Crackers Milk
THURSDAY 29	
Scrambled Egg Patty Whole Wheat Toast w/butter Diced Pears Milk	Low-fat Vanilla Yogurt Blueberries (Serve water)
Beef Pattie w/gravy Mashed Potatoes Diced Peaches WG Dinner Roll Milk	WG Apple Cinnamon Bear Milk