



## PARENT/CHILD INCORPORATED - FEBRUARY 2026 MENU

## Parent Menu



Food served is observance  
of Black History Month

### MONDAY 2

WG English Muffin w/jam  
Tropical Fruit  
Milk

WG Beef Ravioli  
w/Tomato Sauce  
Diced Peaches  
Milk

WG Cheese Its Crackers  
Milk

### TUESDAY 3

WG Corn Flakes  
Mandarin Oranges  
Milk

Chicken Teriyaki w/Stir Fry Vegetables  
Steamed White Rice  
Pineapple Tidbits  
Milk

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

### WEDNESDAY 4

Turkey Sausage Patty  
Whole Wheat Toast w/butter  
Applesauce  
Milk

Macaroni & Cheese  
w/Elbow Pasta  
Steamed Broccoli  
Banana  
Milk

WG Chocolate Graham Bears  
Milk

### THURSDAY 5

Rice Chex  
Pineapple Tidbits  
Milk

Turkey Stew  
w/Potatoes & Sliced Carrots  
Diced Peaches  
WG Garlic Bread Stick  
Milk

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

### FRIDAY 6

WG Mini French Toast w/syrup  
Diced Pears  
Milk

Cajun "Dirty Rice"  
w/Ground Beef  
Mixed Vegetables  
Tropical Fruit  
Milk



WG Banana Muffin  
Milk

### MONDAY 9

WG Mini Pancakes w/syrup  
Mandarin Oranges  
Milk

WG Spaghetti  
w/Ground Beef Sauce  
Green Beans  
Pineapple Tidbits  
Milk

WG Cheddar Goldfish  
Milk

### TUESDAY 10

WG Bagel w/cream cheese  
Diced Peaches  
Milk

Cheesy Scalloped Potatoes  
w/Diced Chicken  
Tropical Fruit  
WG Dinner Roll  
Milk

Low-fat Mozzarella Cheese Stick  
Applesauce  
(Serve water)

### WEDNESDAY 11

WG Cheerios  
Diced Pears  
Milk

Baked Penne Pasta  
w/Beef Meatballs & Mozzarella Cheese  
Garden Salad w/Ranch  
Mandarin Oranges  
Milk

Banana  
Milk

### THURSDAY 12

WG Biscuit w/jam  
Pineapple Tidbits  
Milk

Chicken & Cheese Enchilada Casserole  
w/Corn Tortillas  
Ranch Style Beans  
Tropical Fruit  
Milk

Low-fat Vanilla Yogurt  
Diced Peaches  
(Serve water)

### FRIDAY 13

Scrambled Egg Patty  
WG Flour Tortilla  
Applesauce  
Milk

Sliced Ham (Turkey) w/gravy  
Mashed Sweet Potatoes  
Diced Pears  
WG Cornbread Loaf  
Milk



WG Heartzel Pretzels  
Milk

### \*President's Day\*

### MONDAY 16

#### \*\*Staff Development Day\*\*

WG Mini Waffles (syrup)  
Tropical Fruit  
Milk

WG Chicken Nuggets  
Mixed Vegetables  
Diced Peaches  
Milk

WG Vanilla Graham Bear  
Milk

### TUESDAY 17

Rice Crispies  
Pineapple Tidbits  
Milk

Beef Stroganoff  
w/Egg Noodles  
Broccoli Normandy  
Mandarin Oranges  
Milk

WG Snack Crackers "Presidents"  
Milk

### WEDNESDAY 18

Turkey Sausage Patty  
WG Cinnamon Raisin Toast w/jam  
Applesauce  
Milk

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

Low-fat Strawberry Yoqurt  
WG Strawberry Waffle Graham  
(Serve Water)

### THURSDAY 19

Kix Cereal  
Diced Peaches  
Milk

Turkey Alfredo  
w/Fettuccini Pasta  
Sliced Carrots  
Tropical Fruit  
Milk

WG Apple Cinnamon Muffin  
Milk

### FRIDAY 20

WG English Muffin w/jam  
Diced Pears  
Milk

BBQ Chicken Sandwich  
WG Slider Buns  
Baked Beans  
Mandarin Oranges  
Milk

WG Vanilla "Sports" Graham Bites  
Milk

### MONDAY 23

WG Mini Chocolate Chip French Toast  
Pineapple Tidbits  
Milk

Fideo Loco  
w/Ground Beef & Pinto Beans  
Diced Pears  
Milk

WG Animal Crackers  
Milk

### TUESDAY 24

WG Biscuit w/jam  
Mandarin Oranges  
Milk

Chicken Caldo (Chicken Soup)  
Sliced Carrots & Potatoes  
Tropical Fruit  
Saltine Crackers  
Milk

WG Rainbow Goldfish  
Milk

### WEDNESDAY 25

WG Corn Flakes  
Banana  
Milk

Bean & Cheese Taco  
WG Flour Tortilla  
Green Beans  
Diced Peaches  
Milk

WG Chocolate Chip Muffin  
Milk

### THURSDAY 26

WG Bagel w/jam  
Applesauce  
Milk

Cheesy Chicken Rice  
& Broccoli Casserole  
Tropical Fruit  
Milk

Low-fat Vanilla Yogurt  
Diced Strawberries  
(Serve Water)

### FRIDAY 27

Scrambled Egg Patty  
WG Wheat Toast w/butter  
Mandarin Oranges  
Milk

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

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