



PARENT/CHILD INCORPORATED - SEPTEMBER 2026 MENU

Kindergarten Menu



TUESDAY 1		WEDNESDAY 2		THURSDAY 3		FRIDAY 4	
WG English Muffin w/jam Diced Peaches Milk		WG Kix Cereal Tropical Fruit Milk		WG Mini Pancakes w/syrup Applesauce Milk		Scrambled Egg Patty Whole Wheat Toast w/butter Pineapple Tidbits Milk	
Chicken Alfredo w/Fettuccini Pasta Mixed Vegetables Pineapple Tidbits Milk		Bean & Cheese Taco w/WG Flour Tortilla Green Beans (EHS) Lettuce/Tomato w/Ranch Diced Pears Milk		Diced Turkey w/gravy Steamed Broccoli Mandarin Oranges WG Dinner Roll Milk		Beef Stew (Stew Meat) w/Diced Potatoes & Sliced Carrots Diced Peaches WG Cornbread Loaf Milk	
WG Cheese Its Crackers Milk		Low-fat Strawberry Yogurt WG Graham Cracker (Serve Water)		WG Chocolate Graham Bear Milk		Low-fat Colby Cheese Stick Saltine Crackers (Serve Water)	
MONDAY 7		TUESDAY 8		WEDNESDAY 9		THURSDAY 10	
LABOR DAY HOLIDAY		WG Cheerios Tropical Fruit Milk		WG Biscuit w/jam Pineapple Tidbits Milk		Rice Chex Mandarin Oranges Milk	
 LABOR DAY		Chicken Taco w/Shredded Cheddar Cheese WG Flour Tortilla Pinto Beans Mandarin Oranges Milk		Macaroni & Cheese w/Elbow Pasta Steamed Broccoli Diced Pears Milk		Beef Meatballs w/gravy Mashed Potatoes Tropical Fruit WG Dinner Roll Milk	
WG Honey Bun Goldfish Milk		Low-fat Vanilla Yogurt Diced Peaches (Serve Water)		WG Banana Muffin Milk		Low-fat Cheddar Cheese Stick Ritz Crackers (Serve water)	
MONDAY 14		TUESDAY 15		WEDNESDAY 16		THURSDAY 17	
WG Mini Waffles w/syrup Applesauce Milk		WG English Muffin w/jam Mandarin Oranges Milk		WG Corn Flakes Banana Milk		Turkey Sausage Patty WG Cinnamon Raisin Toast w/butter Tropical Fruit Milk	
WG Beef Ravioli w/Tomato Sauce Green Beans Tropical Fruit Milk		Grilled Chicken Patty w/gravy Sliced Carrots Pineapple Tidbits WG Garlic Bread Stick Milk		Bean & Cheese Chalupa Lettuce & Tomato w/Ranch WG Tortilla (EHS) Green Beans (EHS) Diced Peaches Milk		Turkey Ham Casserole w/Broccoli and Rice Mandarin Oranges WG Dinner Roll Milk	
WG Vanilla "Sports" Grahams Milk		WG Apple Cinnamon Muffin Milk		WG Heartzel Pretzels Milk		Low-fat Strawberry Yogurt Diced Strawberries (Serve Water)	
WG Cheddar Goldfish Milk							
MONDAY 21		TUESDAY 22		WEDNESDAY 23		THURSDAY 24	
WG Chocolate Chip French Toast Mandarin Oranges Milk		Rice Crispiess Pineapple Tidbits Milk		Scrambled Egg Patty WG Flour Tortilla Banana Milk		WG Cheerios Mandarin Oranges Milk	
Beef Lasagna Casserole w/WG Lasagna Pasta Broccoli Normandy Diced Pears Milk		Chicken Caldo w/Diced Potatoes & Carrots Saltine Crackers Tropical Fruit Milk		Three Cheese Fettucini Alfredo w/Fettuccini Pasta Mixed Vegetables Diced Peaches WG Garlic Breadstick Milk		Turkey Ham Patty w/gravy Mashed Potatoes Pineapple Tidbits WG Dinner Roll Milk	
WG Animal Crackers Milk		WG Blueberry Muffin Milk		Low-fat Vanilla Yogurt WG Cinnamon Graham "Bug Bites" (Serve water)		WG Rainbow Goldfish Milk	
WG Cheddar Goldfish Milk							
MONDAY 28		TUESDAY 29		WEDNESDAY 30			
WG Cinnamon Waffles w/syrup Applesauce Milk		WG English Muffin w/jam Diced Peaches Milk		Corn Chex Tropical Fruit Milk			
Beef Picadillo Taco w/Diced Potatoes WG Flour Tortilla Pinto Beans Tropical Fruit Milk		Chicken Stir Fry w/Broccoli Steamed White Rice Pineapple Tidbits WG Garlic Breadstick Milk		Beef Meatball Sub Sandwich w/Mozzarella Cheese WG Hot Dog Bun Baked Beans Mandarin Oranges Milk			
WG Vanilla Chat Snax Milk		WG Apple Cinnamon Graham Bear Milk		WG Banana Bread Slice Milk			

CACFP Annual Inventory Due @ All Sites!!!

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

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

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