



PARENT/CHILD INCORPORATED - SEPTEMBER 2026 MENU

PARENT MENU



Water to be offered at all times.

	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	FRIDAY 11
LABOR DAY HOLIDAY	WG Cheerios Tropical Fruit Milk	WG Biscuit w/jam Pineapple Tidbits Milk	Rice Chex Mandarin Oranges Milk	WG Mini French Toast w/syrup Diced Peaches 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	Turkey Ham & Cheese Sandwich w/White Wheat Bread (mayo) Shredded Lettuce & Diced Tomatoe Banana (Thousand Island) 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	FRIDAY 18
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 Mini Pancakes w/syrup Pineapple Tidbits 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	Sloppy Joe (Ground Beef) WG Hamburger Bun Pinto Beans Diced Peaches 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	FRIDAY 25
WG Chocolate Chip French Toast Mandarin Oranges Milk	Rice Crispies Pineapple Tidbits Milk	Scrambled Egg Patty WG Flour Tortilla Banana Milk	WG Cheerios Mandarin Oranges Milk	WG Biscuit w/jam Tropical Fruit 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	Hamburger w/ Beef Pattie (ketchup) w/White Wheat Hamburger Bun Pickle Spear Lettuce/Tomato w/Ranch Diced Peaches Milk
WG Animal Crackers Milk	WG Blueberry Muffin Milk	Low-fat Vanilla Yogurt WG Cinnamon Graham "Bug Bites" (Serve water)	WG Rainbow Goldfish Milk	Low-fat Colby Cheese Stick Ritz Crackers (Serve water)
MONDAY 28	TUESDAY 29	WEDNESDAY 30	CACFP Annual Inventory Due @ All Sites!!!	
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		

** WG = Whole Grain WW= Whole Wheat

Water to be offered at all times.

Menu is reviewed and approved by a Dietician