



PARENT/CHILD INCORPORATED - OCTOBER 2026 MENU



PARENT MENU



MONDAY 5		TUESDAY 6		WEDNESDAY 7		THURSDAY 1		FRIDAY 2	
WG Mini French Toast w/syrup Mandarin Oranges Milk		WG Rice Chex Diced Peaches Milk		Scrambled Egg Patty WG Cinnamon Raisin Toast w/butter Applesauce Milk		Turkey Sausage Patty Whole Wheat Toast w/butter Pineapple Tidbits Milk		WG Mini Pancakes w/syrup Diced Pears Milk	
Chili Con Carne (Ground Beef) w/Pinto Beans Shredded Cheddar Cheese Pineapple Tidbits Ritz Crackers Milk		Chicken Fajita Taco WG Flour Tortilla Romaine Lettuce & Tomatoes w/Ranch Tropical Fruit Milk		Macaroni & Cheese w/Elbow Pasta Steamed Broccoli Diced Pears Milk		Turkey Alfredo (Turkey Ham) w/ Fettuccine Pasta Green Beans Diced Peaches Milk		Beef Stew (Stew Meat) w/Diced Potatoes & Sliced Carrots Mandarin Oranges WG Cornbread Loaf Milk	
WG Animal Crackers Milk		Low-fat Strawberry Yogurt Sliced Strawberries (Serve water)		WG Apple Cinnamon Muffin Milk		WG Honey Bun Goldfish Milk		Low-fat Cheddar Cheese Stick Saltine Crackers (Serve water)	
MONDAY 12		TUESDAY 13		WEDNESDAY 14		THURSDAY 8		FRIDAY 9	
PCI Staff Development Day 		Turkey Sausage Patty Whole Wheat Toast w/butter Pineapple Tidbits Milk		WG Kix Cereal Banana Milk		WG Cheerios Tropical Fruit Milk		**PCI Staff Development Day* Childrens Holiday 	
		Chicken Caldo w/Diced Potatoes & Sliced Carrots Mandarin Oranges Saltine Crackers Milk		WG Corn Bread Loaf w/Pinto Beans Shredded Cheddar Cheese Lettuce & Tomato w/Ranch Tropical Fruit Milk		Diced Turkey w/gravy Mashed Potatoes Mandarin Oranges WG Garlic Breadstick Milk			
		WG Vanilla Chat Snax Milk		WG Blueberry Muffin Milk		Low-fat Colby Cheese Stick Ritz Crackers (Serve water)			
MONDAY 19		TUESDAY 20		WEDNESDAY 21		THURSDAY 15		FRIDAY 16	
WG Mini Pancakes w/syrup Pineapple Tidbits Milk		Turkey Sausage Patty Whole Wheat Toast w/butter Pineapple Tidbits Milk		WG Kix Cereal Banana Milk		Scrambled Egg Patty WG Flour Tortilla Mandarin Oranges Milk		WG Biscuit w/jam Tropical Fruit Milk	
Beef Lasagna (Ground Beef) w/WG Lasagna Pasta Green Beans Diced Peaches Milk		Chicken Caldo w/Diced Potatoes & Sliced Carrots Mandarin Oranges Saltine Crackers Milk		WG Corn Bread Loaf w/Pinto Beans Shredded Cheddar Cheese Lettuce & Tomato w/Ranch Tropical Fruit Milk		Cheddar Broccoli Casserole w/Turkey Ham & Diced Potatoes Pineapple Tidbits WG Garlic Bread Stick Milk		Beef Sloppy Joes w/White Wheat HB Bun Baked Beans Diced Pears Milk	
WG Vanilla "Sports" Grahams Milk		WG Vanilla Chat Snax Milk		WG Blueberry Muffin Milk		WG Rainbow Goldfish Milk		Low-fat Vanilla Yogurt Diced Peaches (Serve water)	
MONDAY 26		TUESDAY 27		WEDNESDAY 28		THURSDAY 22		FRIDAY 23	
WG Mini Pancakes w/syrup Pineapple Tidbits Milk		WG Corn Chex Mandarin Oranges Milk		Turkey Sausage Patty WG Wheat Toast w/butter Banana Milk		Rice Crispies Diced Peaches Milk		WG English Muffin w/jam Tropical Fruit Milk	
Beef Lasagna (Ground Beef) w/WG Lasagna Pasta Green Beans Diced Peaches Milk		Chicken & Spanish Rice Steamed Broccoli Diced Pears Milk		Bean & Cheese WG Chalupa Lettuce & Tomato w/Ranch WG Tortilla (EHS) Green Beans (EHS) Tropical Fruit Milk		Turkey Ham Patty w/gravy Mashed Sweet Potatoes Pineapple Tidbits WG Dinner Roll Milk		Beef Stroganoff (Stew Meat) w/Egg Noodles Sliced Carrots Diced Pears WG Dinner Roll Milk	
WG Vanilla "Sports" Grahams Milk		Low-fat Strawberry Yogurt WG Graham Crackers (Serve water)		WG Cheddar Cheese Its Crackers Milk		Low-fat Colby Cheese Stick Mandarin Oranges (Serve water)		WG Chocolate Chip Muffin Milk	
MONDAY 26		TUESDAY 27		WEDNESDAY 28		THURSDAY 29		FRIDAY 30	
WG Biscuit w/jam Diced Peaches Milk		WG Chocolate Chip French Toast Applesauce Milk		WG Corn Flakes Banana Milk		WG Mini Waffles w/syrup Mandarin Oranges Milk		Scrambled Egg Patty WG Flour Tortilla Tropical Fruit Milk	
Beef Conchita's (Pasta Shells) w/Ground Beef Meat Sauce Mixed Vegetables Diced Pears Milk		Grilled Chicken Patty w/gravy Mashed Potatoes Mandarin Oranges WG Garlic Breadstick Milk		Bean & Cheese Taco w/WG Flour Tortilla Sliced Carrots Tropical Fruit Milk		Chicken Stir Fry w/Broccoli Steamed White Rice Diced Peaches WG Garlic Bread Stick Milk		WG Beef Ravioli w/Tomato Sauce Green Beans Pineapple Tidbits Milk	
WG Cheddar Goldfish Milk		WG Animal Crackers Milk		WG Chocolate Graham Bear Milk		Low-fat Vanilla Yogurt WG Graham Crackers (Serve water)		WG Pumpkin Bread Slice Milk	

** WG = Whole Grain WW= Whole Wheat

Water to be offered at all times.

Menu is reviewed and approved by a Dietician