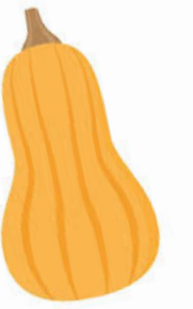




# October 2024



## STARFISH FAMILY SERVICES FOOD MENU

**Notes: whole milk served with every breakfast, WG = Whole Grain, HM = Home Made, EHS menu modified for choking hazards**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 WG Waffles, Pineapple Cheese Ravioli, Green Beans & Pears Goldfish Crackers, Milk	2 Lemon Bread, Oranges Swedish Meatballs, Apples, & Mixed Vegetables Presidential Crackers, Milk	3 Rice Krispies, Banana BBQ Chx Sub, Cucumbers, & Apple Sauce WG Muffin, Apple Juice	4 <b>No school</b>	5
6	7 WG Bagel w/ Cream Cheese, Apple Sauce Veggie Sausage Sandwich, Tator Tots, & Pears Apples w/ Soy Butter	8 Cornflakes, Clementines Chicken A La King, Veggies, & Peaches Cheese Stick, Apple Sauce	9 Pears, WG Cheerios Mozzarella Sticks, Cucumber & Oranges Goldfish Crackers, Apple Juice	10 WG Pancakes, Applesauce Chx Nuggets, Green Beans, & Pineapple Graham crackers, Milk	11 <b>No school</b>	12
13	14 WG Cornflakes, Oranges HM Mac 'n' Chz, Peas, & Pears Animal Crackers, Milk	15 WG Waffles, Applesauce Beef/Cheddar Roll-Up, Carrots, & Pineapple Chz 'n' Crackers, Milk	16 Cinnamon Toast, Pears Hamburger, Fries, & Apple Slices WG Cheez-Its, Apple Juice	17 Rice Krispies, Peaches Soy Jammer, Green Beans, & Pineapple WG Muffin, Milk	18 <b>No school</b>	19
20	21 Corn Chex, Peaches Bean/Chz Burrito, Oranges, & Corn 'n' Peppers WG Muffin, Apple Juice	22 WG French Toast, Tropical Fruit Turkey 'n' Gravy Sandwich, Pineapple, & Peas/Carrots Cinnamon Crackers, Milk	23 WG Toasted Oats, Banana Meatball Sub, Applesauce, & Green Pepper Strips Chz 'n' Crackers, Milk	24 Cinnamon Bagel, Pears Chicken-Fried Rice, Oranges, & Peas/Carrots Strawberry Chex, Milk	25 <b>No school</b>	26
27	28 WG Cheerios, Peaches Cheesy Garlic Bread, Carrots & Applesauce WG Muffin, Apple Juice	29 Bagel 'n' Cream Chz, Applesauce Turkey 'n' Chz Sandwich, Broccoli, & Pears Yogurt, Strawberries	30 WG Blueberry Muffin, Melon HM Mostacolli, Oranges & Green Beans Soft Pretzel 'n' Chz	31 Rice Chex, Pears Chicken Taco/Salad, Fresh Peach, & Diced Tomato WG Teddy Grahams, Milk		