



October 2024



STARFISH FAMILY SERVICES MARYGROVE FOOD MENU

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>WGR Honey Bunch Oats, Fruit Chicken Mac 'n' Cheese, Green Beans & Watermelon Strawberry GoGurt, Pineapples</p>	<p>2</p> <p>WGR Waffle & Applesauce WGR Grilled Cheese Sandwich. w/ Tomato Soup, Bananas WGR Graham Crackers, Milk</p>	<p>3</p> <p>WGR Muffin, O.J. Chicken Spring Roll, Broccoli, Pineapple WGR Goldfish, Milk</p>	<p>4</p> <p>WGR Kix Cereal, Oranges Chicken Fajitas, Refried Beans, & Honey Dew Melon Soft Pretzel w/ Cheese Dip</p>	5
6	<p>7</p> <p>WGR French Toast, Pears Chicken 'n' Rice Soup, Cheddar Biscuit, Pineapples Cheese 'n' WGR Crackers, Milk</p>	<p>8</p> <p>Sliced Apples w/ Yogurt Turkey Burger, Tator Tots, and Diced Peaches WGR Sunchips, Fruit, Milk</p>	<p>9</p> <p>WGR Chex Cereal, Apple Juice Cheese Ravioli w/ Spinach, Tropical Fruit, Garlic Bread WGR Chex Mix, Pears</p>	<p>10</p> <p>Trix Cereal, Diced Peaches Turkey 'n' Gravy WGR Sandwich, Mashed Potatoes, Corn cucumbers w/ Ranch Dressing</p>	<p>11</p> <p>Honey Cheerios, Oranges Pepper Steak w/ WGR Brown Rice, California Veggies, Apple Slices WGR Animal Crackers, Milk</p>	12
13	<p>14</p> <p>Raisin Bread, O.J. Chicken Tenders, Green Beans, Macaroni Salad, Pineapples WGR Crackers, Pears</p>	<p>15</p> <p>Corn Flakes, Diced Pears Beef Pasta, Oranges, Sweet Peas Strawberry GoGurt, Apples</p>	<p>16</p> <p>WGR English Muffin, Apples Turkey Sausage, Hashbrowns, French Toast, Applesauce WGR Crackers 'n' Cheese</p>	<p>17</p> <p>WGR Chex, Pineapples Mac 'n' Cheese, WGR Roll, Strawberries, Broccoli WGR Sunchips, Peaches</p>	<p>18</p> <p>WGR Pancakes, Oranges Chicken Salad, WGR Crackers, Tomato Slices, Cantaloupe WGR Cheez-Its, Milk</p>	19
20	<p>21</p> <p>WGR Cheerios, Fruit Turkey & Swiss WGR Sandwich, Veggie Soup, Tropical Fruit WGR Goldfish, Milk</p>	<p>22</p> <p>WGR Muffin, Clementines WGR Spaghetti w/ Ground Beef, California Veggies, Apples WGR Chex, Milk</p>	<p>23</p> <p>WGR Bagel, Applesauce Chicken Shawarma w/ Pita, Watermelon, Broccoli WGR Teddy Grahams, Fruit</p>	<p>24</p> <p>WGR Waffles, Bananas Burrito Bowl w/ Ground Beef, WGR Cilantro Rice/Beans, Oranges WGR Pretzel w/ Cheese Sauce</p>	<p>25</p> <p>WGR Kix Cereal, Pineapples Greek Chicken Pasta, Tomatoes, Cucumber, Onion WGR Tortilla Chips, Salsa Dip</p>	26
27	<p>28</p> <p>WGR Chex, Pineapples Mandarin Chicken Salad w/ Pita, Lettuce/Tomato, Oranges WGR Crackers 'n' Spinach Dip</p>	<p>29</p> <p>WGR French Toast, Juice Veggie Lasagna, diced peaches, Spinach/Carrots, Breadsticks Tomato Slices w/ Ranch</p>	<p>30</p> <p>Sliced Apples w/ Yogurt Mesquite Chicken, pineapples, Green Beans, WGR dinner roll WGR Goldfish, Milk</p>	<p>31</p> <p>WGR Cheerios, Oranges HM Southern Pinto Beans, Oranges, Collards, WGR Cornbread WGR Graham Crackers, Apples</p>	<p>1</p> <p>WGR Muffin, Peaches Turkey 'n' Cheese Wrap, Pears, Celery w/ Ranch WGR Sunchips, Milk</p>	