



November 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
					1 Sliced Apples, Yogurt Mesquite Chicken, Green Beans, Pineapple, WGR Dinner Roll WGR Cheddar Fish, Milk	2
3	4 WGR Cheerios, Oranges HM Southern Pinto Beans, Collards, WGR Muffin, Oranges WGR Crackers, Apple Slices	5 WGR Muffin, Diced Peaches Turkey 'n' Cheese Wrap, Pears, Celery w/ Ranch WGR Sunchips, Milk	6 WGR Chex, Apple Slices BBQ Beef Sandwich, Roasted Potatoes, Cole Slaw WGR Animal Crackers, Pineapples	7 Cinnamon Bread, Bananas HM Chili Con Carne, Apples, Carrots, WGR Crackers WGR Crackers, Cheese Stick	8 Corn Flakes, Oranges Curry Chicken, Sweet Peas, Cantaloupe, WGR Rice Pilaf WGR Cheez-Its, Milk	9
10	11 WGR Muffin, Sliced Peaches Grilled Chicken Nuggets, Salad, Tropical Fruit, WGR Bread WGR Pita Bread, Hummus	12 WGR English Muffin, Oranges Grilled Chicken, Pineapple, Peas 'n' Carrots, WGR Roll WGR Chex Mix, Milk	13 WGR Bagel, Pineapple Chunks Italian Meatball Sub, Oranges Mixed Vegetables WGR Teddy Grahams, Apple Sauce	14 WGR Oat Cereal, Fruit Cocktail Chicken Mac 'n' Cheese Watermelon, Green Beans Yogurt w/ Pineapple	15 WGR Waffle, Applesauce WGR Grilled Cheese, Bananas, HM Tomato Soup WGR Graham Crackers, Milk	16
17	18 WGR Muffin, Orange Juice Chicken Fried Rice, Pineapple, Spring Roll, Broccoli WGR Cheddar Goldfish, Milk	19 WGR Kix, Oranges Chicken Fajitas, Refried Beans, Honey Dew Melon WGR Pretzel w/ Cheese Dip	20 WGR French Toast w/ Pears Chicken 'n' Wild Rice Soup, Mixed Veggies, Cheddar Biscuit WGR Crackers, Cheese Stick	21 Sliced Apples, Yogurt Turkey Burger, Diced Peaches, Tater tots Harvest Sunchips, Fruit Cocktail	22 WGR Chex, Apple Sauce Baked Cheese Ravioli, Spinach, Garlic Bread, Tropical Fruit WGR Chex Mix, Pears	23
24	25 Trix Cereal, Diced Peaches Oven Roasted Turkey, Corn, Mashed Potatoes, WGR Roll Cucumbers w/ Ranch	26 WGR Cheerios Oranges, Pepper Steak, WGR Brown Rice, Apples, California Veggies WGR Animal Crackers, Milk	27 Raisin Bread, Orange Juice Chicken Tenders, Macaroni Salad, Pineapples, Green Beans WGR Cheerios, Fruit Cocktail	28 Corn Flakes, Diced Pears Beef Rotini Pasta, Oranges, Sweet Peas Yogurt, Apple Slices	29 Honey Wheat Muffin, Apples Turkey Sausage, Hash Browns French Toast, Apple Sauce WGR Crackers, String Cheese	30