



# December 2024

## STARFISH FAMILY SERVICES HAR/SS 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      | <p>2</p> <p>WGR Cheerios, Fruit Cocktail</p> <p>Turkey 'n' Swiss Sandwich w/ Veggie Soup, Tropical Fruit</p> <p>WGR Goldfish, Milk</p>              | <p>3</p> <p>WGR Muffin, Clementines</p> <p>Spaghetti w/ Ground Beef, California Veggies, Apples</p> <p>WGR Chex Mix, Milk</p>                                 | <p>4</p> <p>Wheat Bagel, Apple Sauce</p> <p>Chicken Shawarma w/ Pita, Watermelon, Broccoli</p> <p>WGR Teddy Grahams, Fruit Cocktail</p> | <p>5</p> <p>WGR Waffles, Banana</p> <p>Beefy Burrito Bowl, Cilantro Rice, Pinto Beans, Oranges</p> <p>WGR Pretzel, Cheese Dip</p>             | 6         | 7         |
| 8      | <p>9</p> <p>WGR Blueberry Chex, Pineapples</p> <p>Mandarin Chicken Salad w/ Pita, Lettuce/Tomatoes, Oranges</p> <p>WGR Crackers 'n' Spinach Dip</p> | <p>10</p> <p>WGR French Toast, Apple Juice</p> <p>Vegetarian Lasagna w/ Breadstick, Spinach/Carrots, Diced Peaches</p> <p>Tomato Slices w/ Ranch Dressing</p> | <p>11</p> <p>Yogurt w/ Sliced Apples</p> <p>Mesquite Chicken, WGR Roll, Green Beans, Pineapple Tidbits</p> <p>WGR Goldfish, Milk</p>    | <p>12</p> <p>WGR Cheerios, Oranges</p> <p>HM Southern Pinto Beans, Collard Greens, Oranges</p> <p>WGR Graham Crackers, Milk</p>               | 13        | 14        |
| 15     | <p>16</p> <p>Yogurt w/ Sliced Apples</p> <p>BBQ Beef Sandwich, Cole Slaw, Roasted Potatoes</p> <p>WGR Animal Crackers, Pineapples</p>               | <p>17</p> <p>Cinnamon Bread, Bananas</p> <p>HM Chili Con Carne, WGR Crackers, Apples, Sliced Carrots</p> <p>WGR Crackers, Cheese Sticks</p>                   | <p>18</p> <p>Corn Flakes, Mandarin Oranges</p> <p>Curry Chicken, WGR Rice Pilaf, Cantaloupe, Sweet Peas</p> <p>WGR Cheez-Its, Milk</p>  | <p>19</p> <p>WGR Muffin, Sliced Peaches</p> <p>Grilled Chicken Nuggets, WGR Bread, Tossed Salad, Tropical Fruit</p> <p>WGR Pita w/ Hummus</p> | 20        | 21        |
| 22     | 23  | 24  | 25  | 26  | 27        | 28        |
|        | No school   | No school   | No school   | No school   | No school | No school |
| 29     | 30  | 31  |   |   |           |           |
|        | No school   | No school   |   |   |           |           |