



October 2025

STARFISH FAMILY SERVICES FOOD MENU

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 WGR Pancakes, Fresh Melon HM, PB Beef Mostacolli with WGR Noodles, Cucumbers, Oranges Soft Baked Pretzel w/ Cheese Sauce	2 Rice Chex, Diced Pears Chicken Taco, Clementines, Shredded Lettuce/Diced Tomato WGR Teddy Grahams, Milk	3 No school	4
5	6 Corn Chex, Applesauce Chicken Patty on WGR Bun, Mandarin Oranges, Mixed Vegetables WGR Emoji Cracker, O.J.	7 WGR Waffles, Pineapples GWR Cheese Ravioli in Marinara, Italian Green Beans, Pears Tortilla Chips 'n' Salsa	8 Mandarin Oranges, WGR Lemon Bread Swedish Meatballs on WGR Rice, Apple Slices, Fresh Broccoli WGR Presedential Crackers, Blueberry Yogurt	9 No school	10 No school	11
12	13 WGR Bagel, Applesauce WGR Cheese Quesadilla, Southwest Corn, Honeydew Melon Apple Slices, Soy Butter	14 WGR Cornflakes, Clementines Chicken A La King, Mixed Veggies, Diced Peaches Colby Cheese Stick, Apple Juice	15 WGR Maple Pancakes, Diced Pears Vegetarian Sausage on an English Muffin, Tots, Watermelon Breadstick, Baby Carrots 'n' Ranch	16 WGR Toasted Oats, Banana WGR Mozzarella Cheese Calzone, Tossed Salad, Applesauce WGR Vanilla Goldfish, O.J.	17 No school	18
19	20 WGR Cinnamon Muffin WGR Pollock Fish Sticks, WGR Roll, Sweet Peas, Apple Slices Townhouse Crackers w/ Cheese	21 WGR French Toast, Strawberries PB Cheeseburger w/ Cheddar, Apple Slices, Sweet Potato Fries Strawberry Yogurt, Diced Peaches	22 WGR Cheerios, Diced Pears BBQ Chicken Sub on WGR Bun, Watermelon, Roasted Potatoes WGR Cheez-Its, Apple Juice	23 WGR Pancakes, Applesauce WGR Halal Popcorn Chicken, Dinner Roll, Banana, Green Beans WGR Graham Crackers, Milk	24 No school	25
26	27 WGR Cornflakes, Oranges HM Mac 'N' Cheese, Sweet Peas, Diced Pears Pretzels, Milk	28 WGR Maple Waffles, Applesauce Halal Roast Beef & Cheddar Roll-Up on WGR Tortilla, Carrots, Pineapple Strawberry Yogurt Chex, Milk	29 WGR Cinnamon Toast, Pears PB Sloppy Joes on WGR Bun, French Fries, Apple Slices WGR Goldfish, Apple Juice	30 Diced Peaches, Rice Krispies Soy Jammer on WGR Bread, Fresh Broccoli, Clementines WGR Cinnamon Muffin, Milk	31 No school	