



October 2025

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 WGR Kix, Applesauce Garlic Chicken, WGR Brown Rice, Broccoli, Mandarin Oranges WGR Graham Crackers, Milk	2 WGR Waffles, O.J. Grilled Cheese w/HM Tomato Soup, WGR Bread, Bananas WGR Goldfish, Milk	3 WGR Muffin, Crushed Pinapples Chicken Fajitas w/ Soft Tortillas, Honey Dew Melon, Mexican Corn WGR Goldfish, Milk	4
5	6 WGR French Toast Sticks, Apples HM Chicken Noodle Soup, WGR Crackers, Pineapples, Mixed Veg WGR Crackers, Cheese Stick	7 Vanilla Yogurt, Diced Pears Slider Burger on WGR Bun, Peaches, Redskin Potatoes WGR SunChips, Milk	8 WGR Chex, Apple Juice Beef Ravioli w/ Marinara, WGR Garlic Bread, Spinach, Tropical Fruit WGR Chex Mix, Pears	9 No school	10 No school	11
12	13 WGR English Muffin, Pears Grilled Chicken Nuggets, Macaroni Salad, Pineapples, Green Beans WGR Graham Crackers, Mandarin Oranges	14 Corn Flakes, Whole Apples Beefy Rotini Pasta, Orange Wedges, Sweet Peas Strawberry Yogurt, Peaches	15 WGR Pancakes, O.J. Turkey 'N' Swiss Sub, Mixed Veggies, Pears WGR Wheat Crackers, Cheese	16 WGR Cinnamon Chex, Pineapples Mac 'N' Cheese, WGR Roll, Strawberries, Broccoli WGR Animal Crackers	17 Raisin Bread w/ Mandarin Oranges Teriyaki Meatballs w/ WGR Rice, Cantaloupe, Stir Fry Veggies WGR Goldfish, Milk	18
19	20 WGR Cheerios, Fruit Cocktail Sloppy Joes on WGR Bun, Tropical Fruit, Corn WGR Goldfish, Milk	21 WGR Muffin, Clementines Vegetable Lasagna, Watermelon, Breadsticks WGR Chex Mix, Milk	22 WGR Bagel, Applesauce Spaghetti w/ Ground Turkey, Sliced Apples, California Veg Soft Pretzel w/ Cheese Dip	23 WGR Kix, Bananas Burrito Bowl w/ Ground Beef, Pinto Beans, Cilantro Rice, Oranges WGR Teddy Grahams, Fruit Cocktail	24 No school	25
26	27 WGR Chex, Pineapples Chicken Shawarma, WGR Pita, Broccoli, Mandarin Oranges WGR Crackers, Spinach Dip	28 WGR Banana Muffin, Apples Meatloaf w/ Gravy, Dinner Roll, Peaches, Mashed Potatoes Tomatoes w/ Ranch Dressing	29 Vanilla Yogurt w/ Apples Rotisserie Chicken w/ WGR Roll, Green Beans, Pineapples WGR Graham Crackers, Milk	30 WGR Cheerios, Oranges HM Southern Pinto Beans, WGR Corn Muffin, Oranges, Collards WGR Goldfish Crackers, Milk	31 WGR French Toast Sticks, Peaches Teriyaki Meatballs w/ WGR Rice, Cantaloupe, Stir Fry Veggies WGR Tortilla Chips 'n' Salsa	