



September 2025



STARFISH FAMILY SERVICES MG 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
	8 Parent Orientation	9 Whole Apples, Cornflakes Beefy Rotini Paste w/ Orange Wedges, Sweet Peas Strawberry Yogurt, Peaches	10 WGR Pancakes, O.J. Turkey 'n' Swiss Sub, Pears, Mixed Vegetables WGR Crackers w/ Cheese	11 WGR Chex, Pineapples Mac 'N' Chz, Broccoli, Strawberries, WGR Roll harvest Sun Chips ,Peaches	12 Raisin Bread, Mandarin Oranges Teriyaki Meatballs w/ WGR Rice, Mixed Veggies, Cantaloupe Harvest Sun Chips ,Milk	13
14	15 WGR Cheerios, Fruit Cocktail Sloppy Joe on WGR Bun, Corn, Tropical Fruit Cheddar Goldfish, Milk	16 WGR Muffin, Clementines Veggie Lasagna, Breadsticks, Watermelon WGR Chex Mix, Milk	17 WGR Bagel, Applesauce Spaghetti w/ Ground Turkey, Veggie Blend, Apples WGR Pretzel w/ Cheese Dip	18 WGR Waffles, Bananas Beefy Burrito Bowl, Pinto Beans, Cilantro Rice, Oranges Pretzel & Cheese Dip	19 WGR Chex, Pineapples Greek Chicken Pasta Salad, w/ Feta Greek Dressing WGR Cheez-Its, Milk	20
21	22 WGR Chex, Pineapples Mandarin Chx Salad, Pita , Mandarin Oranges WGR Crackers, Spinach Dip	23 WG French Toast, Apple Juice Veggie Lasagna, Breadstick, Peaches, Spinach/Carrots Tomato Slices 'N' Ranch, Milk	24 Sliced Apples, Yogurt Mesquite Chicken, WGR Roll, Green Beans, Pineapples Cheddar Goldfish, Milk	25 WGR Kix, Bananas Beefy Burrito Bowl, Pinto Beans, Cilantro Rice, Mandarin Oranges WGR Teddy Grahams, Fruit Cocktail	26 WGR French Toast, Diced Peaches Crispy Chicken Wrap, Strawberry Applesauce WGR Tortilla Chips 'n' Salsa	27
28	29 WGR Chex, Pineapple Tidbits Chicken Shawarma, WGR Pita, Mandarin Oranges, Broccoli WGR Crackers, Spinach Dip	30 Banana Muffin, Apple Slices Meatloaf w/ Gravy, Dinner Roll, Mashed Potatoes, Peaches Tomato Slices w/ Ranch				