



# January 2026

## STARFISH FAMILY SERVICES MARYGROVE 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 <b>No school</b>	2 <b>No school</b>	3
4	5 WGR English Muffin, Diced Pears Grilled Chicken Nuggets, Pasta Salad, Green Beans, Pineapples WGR Crackers, Mandarin Oranges	6 Corn Flakes, Whole Apples Beef Rotini Pasta w/ Oranges Wedges, Sweet Peas Strawberry Yogurt, Sliced Peaches	7 WGR Pancakes, Orange Juice Turkey 'n' Swiss Sub on WGR Bun, Mixed Vegetables, Pears String Cheese 'n' Crackers	8 WGR Cinnamon Chex, Raisin Bread Teriyaki Meatball Stir Fry w/ Mixed Veggies, WGR Rice, Melon WGR Harvest SunChips, Milk	9 Raisin Bread, Mandarin Oranges Teriyaki Meatball Stir Fry w/ Mixed Veggies, WGR Rice, Melon WGR Harvest SunChips, Milk	10
11	12 WGR Cheerios, Fruit Cocktail Sloppy Joes on WGR Burger Bun, Corn, Tropical Fruit WGR Cheddar Goldfish, Milk	13 WGR Blueberry Muffin, Clementines Mixed Vegetable Lasagna w/ Breadsticks and Watermelon WGR Chex Mix, Milk	14 WGR Bagel, Applesauce WGR Spaghetti w/ Ground Turkey, California Vegetables, Sliced Apples WGR Soft Pretzel, Cheese Dip	15 WGR Kix 'n' Bananas Beefy Burrito Bowl, Cilantro Rice, Southwest Pinto Beans, Oranges WGR Teddy Grahams, Fruit Cocktail	16 WGR Waffles w/ Syrup, Pineapples Greek Chicken Pasta Salad, Diced Pears, Feta Dressing WGR Cheez-Its, Milk	17
18	19 <b>No school</b>	20 WGR Banana Muffin w/ Apple Slices Meatloaf w/ Gravy, Hawaiian Roll, Mashed Potatoes, Diced Peaches Tomato Slices w/ Ranch	21 Sliced Apples w/ Vanilla Yogurt Rotisserie Chicken w/ WGR Roll, Green Beans, Pineapple Tidbits WGR Graham Crackers, Milk	22 WGR Honey Cheerios, Oranges HM Southern Pinto Beans w/ WGR Corn Muffin, Greens, Oranges WGR Cheddar Goldfish, Milk	23 WGR French Toast Sticks, Diced Peaches Crispy Chicken Wrap w/ Soft Tortilla, Lettuce/Tom, Applesauce, Ranch WGR Tortilla Chips 'n' Salsa	24
25	26 WGR Rice Chex, Apple Juice BBW Meatballs w/ WGR Bread, Pears, Redskin Potatoes WGR Animal Crackers, Milk	27 Cinnamon Bread, Bananas Curry Chicken w/ WGR Rice Pilaf, Sweet Peas, Cantaloupe WGR Wheat Crackers, Cheese Sticks	28 Corn Flakes, Mandarin Oranges HM Chili Con Carne w/ WGR Crackers, Mixed Vegetables, Sliced Apples WGR Cheez-Its, Milk	29 WGR Cinnamon Muffin, Peaches HM Cheese Pizza w/ Tossed Salad, Tropical Fruit WGR Chex Mix, Milk	30 <b>No school</b>	31