



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