



STARFISH FAMILY SERVICES 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 No school	2
3	4 Apple Sauce, WGR Chex Cereal Chicken Patty on WGR Bun, Veggie Medley, Mandarin Oranges WGR Emoji Cracker, O.J.	5 WGR Waffles, Frozen Mixed Berries WGR Cheese-Stuffed Shell Pasta w/ Red Sauce, Green Beans, Diced Pears Tortilla Chips 'n' Salsa	6 Cinnamon Raisin Bread, Oranges Swedish Meatballs over WGR Rice, Fresh Broccoli, Fresh Apple Slices WGR Presidential Crackers, Vanilla Yogurt	7 Banana w/ Rice Krisipes BBQ Chicken Sub on WGR Bun, Green Peppers, Watermelon WGR Blueberry Muffin, Apple Juice	8 No school	9
10	11 WGR Cheerios, Chunky Applesauce WGR Bosco Cheese Stick, Green Beans, Tropical Fruit Blend WGR Strawberry Chex, Apple Juice	12 Frozen Strawberries w/ WGR Pancakes Chicken A La King w/ WGR Rice, Succotash, Diced Pears WGR Teddy Grahams 'n' Milk	13 WGR Rice Chex, Diced Pears Cheese 'n' Pinto Bean Roll-Up, Corn/Peppers/Onions, Applesauce WGR Cheez-Its 'n' Milk	14 WGR French Toast Sticks, Oranges Vegetarian Bean Chili, WGR Cornbread Poppers, Pineapple Cinnamon Chickpea Spread, Fresh Apples	15 No school	16
17	18 Rice Krispies, Diced Pineapple Halal Chicken Poppers, WGR Bread, Potato Salad, Diced Peaches Scooby Doo Crackers, Milk	19 WGR Bagel w/ Cream Cheese, Clementines PB Sloppy Joe on WGR Bun, Sweet Potato Fries, Applesauce Frozen Blueberries, Vanilla Yogurt	20 WGR Maple Waffles, Tropical Fruit WGR Mac 'n' Cheese, Cukes w/ Ranch, Oranges Apple Slices w/ Soy Butter	21 Banana w/ WGR Cornflakes Pollock Fish Sticks, Vegetable Medley, Fresh Melon Townhouse Cracker w/ Mozzarella Cheese	22 No school	23
24	25 No school	26 Cinnamon Toast, Diced Pineapple Cheeseburger on WGR Bun, Crinkle Cut Fries, Apple Slices Townhouse Crackers, Colby Cheese	27 WGR Chex Cereal, Tropical Fruit Chicken Alfredo w/ WGR Pasta, Raw Broccoli, Clementines Fresh Celery 'n' Carrots, Crackers	28 WGR Pancakes, Chunky Applesauce Cheese Sandwich w/ Vegetable Soup, Vegetable Blend, Fresh Banana Strawberry Yogurt Chex 'n' Milk	29 No school	30