



STARFISH FAMILY SERVICES MARYGROVE 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 Honey Cheerios, Oranges Asian Chicken 'n' Broccoli over WGR Rice, Sliced Carrots/Broc, Apples Fresh Cucumbers 'n' Ranch Dressing	2
3	4 WGR Raisin Bread w/ Orange Juice Crispy Chicken Slider on Brioche Bun, Honey Mustard, Green Beans, Pineapple WGR Graham Crackers, Mandarin Oranges	5 Whole Apples w/ WGR Cornflakes Beefy Penne Pasta, Sweet Peas, Fresh Orange Wedges Strawberry Yogurt w/ Sliced Peaches	6 Honey Wheat English Muffin, Diced Pears Turkey Sausage on Croissant, Hashbrowns, Cinnamon Applesauce WGR Wheat Crackers w/ String Cheese	7 WGR Cinnamon Chex, Pineapples Mac 'n' Cheese, WGR Dinner Roll, Broccoli, Fresh Strawberries WGR Harvest SunChips, Sliced Apples	8 WGR Pancakes, Mandarin Oranges Chicken 'n' Veggie Stir Fry, WGR Rice, Fresh Cantaloupe WGR Cheez-Its 'n' Milk	9
10	11 WGR Cheerios, Tropical Fruit Turkey 'n' Swiss Sandwich (WGR), Mixed Vegetables, Tropical Fruit WGR Cheddar Goldfish, Milk	12 WGR Blueberry Muffin, Clementines WGR Spaghetti w/ Ground Beef, California Vegetables, Apple Slices WGR Chex Mix, Milk	13 WGR Bagel w/ Cream Cheese, Applesauce Grilled Chicken Pita (WGR), Broccoli, Fresh Watermelon WGR Soft Pretzel w/ Cheese Dip	14 WGR Waffles w/ Fresh Banana Soft Tacos w/ Ground Beef, Mexican Corn, Mandarin Oranges WGR Teddy Grahams, Fruit Cocktail	15 WGR Kix, Pineapples Chicken Ceasar Pasta Salad w/ Romaine, Tomatoes 'n' Carrots WGR Tortilla Chips 'n' Salsa	16
17	18 WGR Blueberry Chex, Pears Vegetarian Lasagna, Breadsticks, Mandarin Oranges WGR Wheat Crackers, Spinach Dip	19 WGR French Toast Sticks, Apple Slices Chef Salad w/ Turkey Ham, Italian Dressing, Peaches Cucumber Slices w/ Ranch Dressing	20 Fruit Cocktail w/ Vanilla Yogurt Mesquite Chicken Drumsticks, WGR Roll, Green Beans, Pineapples AGR Cheez-Its, Milk	21 WGR Honey Cheerios, Oranges HM Southern Pinto Beans, Corn Muffin, Collard Greens, Orange Wedges WGR Graham Crackers, Apple Slices	22 WGR Banana Muffin, Diced Peaches BBQ Meatballs, WGR Roll, Potato Salad, Pears WGR SunChips, Milk	23
24	25 No school (Holiday)	26 Cinnamon Bread, Fresh Bananas Ground Beef Sloppy Joes on WGR Bun, Mixed Vegetables, Cantaloupe WGR Wheat Crackers, Cheese Stick	27 Corn Flakes, Mandarin Oranges Curry Chicken w/ WGR Rice Pilaf, Sweet Peas, Apple Slices WGR Cheez-Its, Milk	28 WGR Apple Cinnamon Muffin, Peaches Grilled Chicken Nuggets, WGR Bread, Tossed Salad, Tropical Fruit, BBQ Sauce WGR Pita Bread, Hummus	29 No school (Professional Development)	30