



OCTOBER 2026

Scan here to take our  
Menu Feedback Survey\*



# STARFISH FAMILY SERVICES HS/EHS FOOD MENU

Notes: whole (EHS) or 2% milk (HS) served with every breakfast, WG = Whole Grain, HM = Home Made, EHS menu modified for choking hazards

**\*Each month** you complete the menu feedback survey, your center receives an additional 15 minutes of in-kind!

| Sunday | Monday                                                                                                                                  | Tuesday                                                                                                                                                | Wednesday                                                                                                                                           | Thursday                                                                                                                                                | Friday                 | Saturday |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|----------|
|        |                                                                                                                                         |                                                                                                                                                        |                                                                                                                                                     | 1<br>WGR Rice Chex, Pears<br>Chicken Taco Bowl w/<br>Brown Rice, Veggies, Fresh Banana<br>WGR Teddy Grahams, Milk                                       | 2<br><b>No school</b>  | 3        |
| 4      | 5<br>WGR Corn Chex, Apple Sauce<br>Chicken Patty Sandwich (WGR),<br>Veggie Medley, Mandarin Oranges<br>WGR Emoji Crackers, Orange Juice | 6<br>WGR Waffles, Crushed Pineapple<br>WGR Cheese Ravioli in Marinara,<br>Italian Green Beans, Diced Pears<br>Cheddar Sunchips w/ Milk                 | 7<br>Lemon Bread (WGR), Oranges<br>Swedish Meatballs over WGR Rice,<br>Steamed Broccoli, Apple Slices<br>Blueberry Yogurt, Presidential Crackers    | 8<br>Fresh Banana w/ Rice Krispies Cereal<br>BBQ Chicken Sub Sandwich (WGR),<br>Roasted Red Potatoes, Watermelon<br>WGR Cinnamon Muffin 'n' Apple Juice | 9<br><b>No school</b>  | 10       |
| 11     | 12<br>Bagel 'n' Cream Cheese, Applesauce<br>WGR Cheese Quesadilla,<br>Corn, Fresh Honey Dew Melon<br>Apple Slices w/ Nut-Free Spread    | 13<br>WGR Cornflakes, Mandarin Oranges<br>Chicken A La King w/ Roast Gravy,<br>Brown Rice, Diced Peaches<br>Colby Cheese Stick w/ Apple Juice          | 14<br>WGR Maple Pancakes, Fruit Salad<br>Vegetarian Sausage Sandwich w/<br>Cheddar Cheese. Tots, Oranges.<br>Baby Carrots 'n' 'Ranch, WGR Cheez-Its | 15<br>WGR Toasted Oats w/ Banana<br>Mozzarella Cheese Calzone,<br>Italian Side Salad, Apple Sauce<br>Lemon Bread w/ Milk                                | 16<br><b>No school</b> | 17       |
| 18     | 19<br>Apple Cinnamon Muffin, O.J.<br>ASK KRISTEN<br><br>Ask Kristen                                                                     | 20<br>Mini French Toast w/ Strawberries<br>Plant-Based Hamburger (WGR)<br>Sweet Potato Fries, Apple Slices<br>Strawberry Yogurt w/ Diced Peaches       | 21<br>ASK KRISTEN<br>ASK KRISTEN<br><br>Blueberry Muffin w/ Apple Juice                                                                             | 22<br>WGR Pancakes w/ Apple Sauce<br>Halal Chicken Nuggets (WGR),<br>Dinner Roll, Green Beans, Banana<br>Graham Crackers 'n' Milk                       | 23<br><b>No school</b> | 24       |
| 25     | 26<br>WGR Corn Chex w/ Diced Peaches<br>HM WGR Mac 'n' Cheese,<br>Sweet Peas, Apple Sauce<br>Pretzels w/ Sun Splash Juice               | 27<br>Mini French Toast Sticks, Fruit Blenc<br>Halal Roast Beef 'n' Cheese Roll-Up,<br>Baby Carrots, Diced Pineapple<br>Strawberry Yogurt Chex w/ Milk | 28<br>WGR Toasted Oats w/ Banana<br>Plant-Based Sloppy Joe Sandwich,<br>French Fries, Apple Slices<br>WGR Goldfish, Apple Juice                     | 29<br>Cinnamon Cream Cheese Bagel, Pears<br>Soy Jammer Sandwich (WGR),<br>Fresh Broccoli, Clementines<br>WGR Cinnamon Muffin w/ Milk                    | 30<br><b>No school</b> | 31       |