

FareStart Community Meals Menu: January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
B: Bagel w/ Toppings, Hardboiled Egg, & Fruit L: Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit D: Braised Pork, Black Eyed Peas, Cornbread, Collard Greens, Salad w/ French	B: Baked French Toast, Sausage, & Fruit L: BBQ Chicken Wrap, Soup, & Fruit D: Veg Lasagna Zucchini & Squash, Green Salad w/ Thousand Island	B: Ham & Cheddar Scone, Cottage Cheese, & Fruit L: PB & J Sandwich, Pasta Salad, & Fruit D: Buffalo Chicken Fajita, Flour tortillas, Brussel Sprouts, Fruit Salad	B: Oatmeal with Toppings, Hardboiled Egg, & Fruit L: BLT Wrap, Soup, & Fruit D: Beef Brisket w/ country gravy, Rice, Carrots & Salad w/ Sweet Mustard Dressing	B: Breakfast Burrito, String Cheese, & Fruit L: Roast Beef & Provolone Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit D: Bean and Cheese Burrito, Corn, Salad with Ranch	B: Yogurt Parfaits, Quick Bread, & Fruit L: Chicken Caesar Wrap, Veg w/ Ranch, Soup, & Fruit D: Shepherds Pie, Cauliflower, & Coleslaw	B: Shakshuka, Pita Bread, & Fruit L: Egg Salad Sandwich, Salad w/ Dressing, Fruit, & Cookie D: Macaroni & Cheese, Broccoli, Oranges
8	9	10	11	12	13	14
B: Sausage Gravy, Biscuit, & Fruit L: Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit D: Roast Chicken Drumstick Mashed Potatoes Veg Medley Salad with Apple Tarragon	B: Muffin, Yogurt, & Fruit L: Greek Hummus Wrap, Soup, & Fruit D: Veg Alfredo Pasta, Broccoli, & Salad with French	B: Breakfast Sandwich & Fruit L: Ham & Swiss Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit D: Beef Pot Pie Carrots Salad with Ranch Dressing	B: Yogurt Parfait, Ham, & Fruit L: Chicken Salad Wrap, Soup, & Fruit D: Turkey Stroganoff Brussel Sprouts Salad with Italian Vinaigrette	B: Frittata, Potatoes O'Brien, & Fruit L: PB & J Sandwich, Pasta Salad, & Fruit D: Chicken Philly Cauliflower Potato Salad	B: Coffeecake, Cottage Cheese, Ham, & Fruit L: Turkey Bahn Mi Wrap, Soup, & Fruit D: Orange Chicken, Rice, Stir Fry Veg, Green Salad with Asian Vinaigrette	B: Quiche, Cereal, & Fruit L: Bologna & Cheddar Sandwich, Banana Bread, & Fruit D: Tater Tot Casserole, Winter Squash, & Salad with French
15	16	17	18	19	20	21
B: Bagel w/ Toppings, Hardboiled Egg, & Fruit L: Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit D: Hawaiian Pork, Rice, Bok Choy, Fruit Salad	B: Baked French Toast, Sausage, & Fruit L: BBQ Chicken Wrap, Soup, & Fruit D: Pasta Fagioli Veg Medley Salad with 1,000 Island Dressing	B: Ham & Cheddar Scone, Cottage Cheese, & Fruit L: PB & J Sandwich, Pasta Salad, & Fruit D: Veg & Chicken Curry, Rice, Carrots, Salad w/Sweet Mustard Dressing	B: Oatmeal with Toppings, Hardboiled Egg, & Fruit L: BLT Wrap, Soup, & Fruit D: Pork Taco, Corn, Coleslaw	B: Breakfast Burrito, String Cheese, & Fruit L: Roast Beef & Provolone Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit D: Baked Ziti, Zucchini & Squash, Oranges	B: Yogurt Parfaits, Quick Bread, & Fruit L: Chicken Caesar Wrap, Veg w/ Ranch, Soup, & Fruit D: Sloppy Joe, Green Beans, Salad with Ranch	B: Shakshuka, Pita Bread, & Fruit L: Egg Salad Sandwich, Salad w/ Dressing, Fruit, & Cookie D: Chicken Fajitas, Cauliflower, Coleslaw
22	23	24	25	26	27	28
B: Sausage Gravy, Biscuit, & Fruit L: Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit D: Veg Tamale Pie, Corn, Salad w/Apple Tarragon Vinaigrette	B: Muffin, Yogurt, & Fruit L: Greek Hummus Wrap, Soup, & Fruit D: Braised Pork w/ Mushroom Gravy, Rice, Brussel Sprouts, Salad w/Sweet Mustard Dressing	B: Breakfast Sandwich & Fruit L: Ham & Swiss Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit D: Buffalo Chicken Sandwich, Carrots, Potato Salad	B: Yogurt Parfait, Ham, & Fruit L: Chicken Salad Wrap, Soup, & Fruit D: Meatloaf, Mashed Potatoes, Green Beans, Salad with French	B: Frittata, Potatoes O'Brien, & Fruit L: PB & J Sandwich, Pasta Salad, & Fruit D: Quesadillas, Cauliflower, Salad w/1,000 Island	B: Coffeecake, Cottage Cheese, Ham, & Fruit L: Turkey Bahn Mi Wrap, Soup, & Fruit D: Chicken & Dumplings, Zucchini & Squash, Fruit Salad	B: Quiche, Cereal, & Fruit L: Bologna & Cheddar Sandwich, Banana Bread, & Fruit D: Chicken Enchiladas, Winter Squash, Salad w/Sweet Mustard Dressing
29	30	31				
B: Bagel w/ Toppings, Hardboiled Egg, & Fruit L: Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit D: Veg Chili, Cornbread, Corn, Salad with Ranch	B: Baked French Toast, Sausage, & Fruit L: BBQ Chicken Wrap, Soup, & Fruit D: Sweet & Sour Pork, Rice, Stir Fry Veg, Salad w/ Asian Ginger Vinaigrette	B: Ham & Cheddar Scone, Cottage Cheese, & Fruit L: PB & J Sandwich, Pasta Salad, & Fruit D: Chicken Parm Pasta, Carrots, Salad with French				

Menu items subject to change based on availability, food recovery and/or gleaning opportunities.
Some menu items may contain nuts.

** Sack lunches will receive lunch menu except days with soup, on these days sack lunches will receive a vegetable instead.**

