

FareStart Community Meals Menu: May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		B: Breakfast Burrito, String Cheese & Fruit L: Roast Beef & Provolone Horseradish Mayo, Coleslaw & Fruit D: Pasta Primavera, Mixed Vegetables, Seasonal Salad	B: Oatmeal, w toppings, Hardboiled Eggs, Fruit L: PB & J Sandwiches, Soup & Fruit D: Tater Tot casserole, Carrots, Seasonal Salad	B: Baked French Toast, Sausage, & Fruit L: Chicken Salad Wrap, Pasta salad, & Fruit D: Hamburgers, Sweet Potato Wedges, & Seasonal Salad	B: Muffin, Yogurt, & Fruit L: Greek Hummus Wrap, 3 Bean Salad, & Fruit D: Sweet & Sour Chicken, Rice, Stir Fry Veg & Seasonal salad	B: Breakfast Sandwich & Fruit L: Ham & Swiss Sandwich, Lettuce & Tomato, Potato Salad, & Fruit D: Sloppy Joes, Green Beans, & Seasonal Salad
6	7	8	9	10	11	12
B: Coffeecake, Cottage Cheese, Ham, & Fruit L: Italian Sandwich, Soup, & Fruit D: Philly Chicken, Seasonal Veg & Seasonal Salad	B: Frittata, Potatoes O'Brien, & Fruit L: Moroccan Chicken Wrap, Pasta Salad, & Fruit D: Pasta Fagioli, Seasonal Veg & Seasonal Salad	B: Yogurt Parfait, Ham, & Fruit L: Turkey & Pepperjack Wrap, Salad, & Fruit D: Chana Masala, Seasonal Veg & Seasonal Salad	B: Quiche, Cereal, & Fruit L: Bologna & Cheddar Sandwich, Salad w/ Dressing, & Fruit D: Turkey Taco Casserole, Spice Roasted Carrots & Seasonal Salad	B: Bagel w/ Toppings, Hardboiled Egg, & Fruit L: PB & J, Soup, & Fruit D: Shepherd's Pie, Mixed Vegetable & Seasonal Salad	B: Sausage Gravy, Biscuit, & Fruit L: Hummus, Coleslaw, & Fruit D: Chicken Fajitas Seasonal Veg & Seasonal Salad	B: Yogurt Parfaits, Banana Muffin, & Fruit L: Egg Salad Sandwich, Pasta Salad, & Fruit D: Pulled Pork Sandwich, Mixed Vegetables, & Seasonal Salad
13	14	15	16	17	18	19
B: Cheddar Scone, Cottage Cheese, & Fruit L: Cuban Sandwich, Coleslaw, & Fruit D: Veg Lasagna, Broccoli & Seasonal Salad	B: Breakfast Burrito, String Cheese, & Fruit L: Tuna Salad Sandwich, Soup, & Fruit D: Sausage & Pepper Sandwich, Jojo Potatoes & Seasonal Salad	B: Yogurt Parfaits, Coffeecake Muffin, & Fruit L: Chicken Caesar Wrap, Salad, & Fruit D: Chop Suey & Seasonal Salad, Mixed Vegetable	B: Oatmeal with Toppings, Hardboiled Egg, & Fruit L: PB & J Sandwich, Salad w/ Dressing, & Fruit D: Beef Hot Dog, Baked Beans, & Seasonal Salad	B: Sausage Gravy, Biscuit, & Fruit L: Bologna & Cheddar Sandwich, Soup, & Fruit D: Braised Pork w/ Gravy, Rice, Seasonal Veg & Seasonal Salad	B: Muffin, Yogurt, & Fruit L: Greek Hummus Wrap, Seasonal Salad, & Fruit D: Chicken Cacciatore, Seasonal Veg & Seasonal Salad	B: Breakfast Sandwich & Fruit L: Ham & Swiss Sandwich, Lettuce & Tomato, Pasta Salad D: Turkey Pot Pie, Parker House Roll, Mixed Vegetable & Seasonal Salad
20	21	22	23	24	25	26
B: Coffeecake, Cottage Cheese, Ham, & Fruit L: Thanksgiving Turkey Sandwich, Soup, & Fruit D: Bean & Cheese Burritos, Corn & Seasonal Salad	B: Frittata, Potatoes O'Brien, & Fruit L: PB & J Sandwich, Pasta Salad, & Fruit D: Jambalaya, Seasonal Veg & Seasonal Salad	B: Yogurt Parfait, Ham, & Fruit L: Turkey & Pepperjack Wrap, Seasonal Salad, & Fruit D: Buffalo Chicken Sandwich, Seasonal Veg & Seasonal Salad	B: Quiche, Cereal, & Fruit L: Muffuletta, Salad w/ Dressing, & Fruit D: Tuna Noodle, Seasonal Veg & Seasonal Salad	B: Bagel w/ Toppings, Hardboiled Egg, & Fruit L: Turkey, Boursin & Bell pepper Sandwich, Soup, & Fruit D: Vegetable Alfredo Pasta, Carrots, & Seasonal Salad	B: Baked French Toast, Sausage, & Fruit L: Chicken Caesar Wrap, Muffin, & Fruit D: Hawaiian Chicken, Rice, Seasonal Veg & Seasonal Salad	B: Yogurt Parfaits, Apple Muffin, & Fruit L: Egg Salad Sandwich, Pasta Salad, & Fruit D: Meatloaf, Green Beans & Seasonal Salad
27	28	29	30	31		
B: Cheddar Scone, Cottage Cheese, & Fruit L: Turkey Banh Mi Sandwich, Fruit, Salad D: Vegetarian Chili, Cornbread, Seasonal Veg & Seasonal Salad	B: Breakfast Burrito, Yogurt, & Fruit L: Roast Beef & Provolone Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit D: Caramelized Onion & Green Chili Macaroni & Cheese, Seasonal Veg & Seasonal Salad	B: Yogurt Parfaits, Banana Muffin, & Fruit L: BBQ Chicken Wrap, Soup, & Fruit D: Pork & Beans, Seasonal Veg & Seasonal Salad	B: Oatmeal with Toppings, Hardboiled Egg, & Fruit L: PB & J Sandwich, Salad w/ Dressing, & Fruit D: Chicken & Biscuits, Seasonal Veg & Seasonal Salad	B: Yogurt Parfait, Ham, & Fruit L: Ham & Swiss Sandwich, Lettuce & Tomato, Potato Salad, & Fruit D: Beef Hot Dog, Baked Beans, & Seasonal Salad		

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.**