

# FareStart Community Meals Menu: February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
					<b>B.</b> Apple Crisp, Fruit, Sausage  <b>L.</b> Roast Beef Sandwich, Horseradish Mayo and Provolone Wrap. Potato Salad, Fruit  <b>D.</b> Tater Tot Casserole, Broccoli, Seasonal Salad	<b>B.</b> Sausage & Gravy, Biscuit, Fruit  <b>L.</b> Egg Salad Sandwich, Mediterranean Barley Salad & Fruit  <b>D.</b> Shepherd's Pie, Mixed Vegetables, Salad
3	4	5	6	7	8	9
<b>B:</b> Hashbrown Casserole & Fruit  <b>L:</b> Muffuletta, Salad with Dressing, Fruit  <b>D:</b> Sweet & Sour Pork, Rice, Seasonal Veg & Seasonal Salad	<b>B:</b> Bagel w/ Toppings, Hardboiled Egg, & Fruit  <b>L:</b> PB & J Sandwich, Soup, & Fruit  <b>D:</b> Pasta Fagioli, Seasonal Veg & Seasonal Salad	<b>B:</b> Breakfast Burrito & Fruit  <b>L:</b> Turkey & Pepperjack Wrap, Potato Salad, & Fruit  <b>D:</b> Philly Chicken, Seasonal Veg & Seasonal Salad	<b>B:</b> Quiche, Cereal, & Fruit  <b>L:</b> Bologna & Cheddar Sandwich. Bean Salad, & Fruit  <b>D:</b> Turkey Taco Casserole, Corn & Seasonal Salad	<b>B:</b> Sausage Gravy, Biscuit, & Fruit  <b>L:</b> Chicken Salad Wrap. Soup, & Fruit  <b>D:</b> Chicken Fajitas, Carrots & Seasonal Salad	<b>B:</b> Yogurt Parfaits, Banana Muffin, & Fruit  <b>L:</b> Egg Salad Sandwich. Pasta Salad & Fruit  <b>D:</b> Shepherd's Pie, Seasonal Veg & Seasonal Salad	<b>B:</b> Frittata, Potatoes O'Brien, & Fruit  <b>L:</b> Sweet Potato Banh Mi, Coleslaw & Fruit  <b>D:</b> Turkey Gumbo, Brown Rice, Mixed Vegetables, & Seasonal Salad
10	11	12	13	14	15	16
<b>B:</b> "Mc Griddle" Sandwich, Fruit  <b>L:</b> Turkey & Swiss, Potato Salad, Fruit  <b>D:</b> Caramelized Onion & Chili Verde Mac and Cheese, Mixed Vegetables & Seasonal salad with Dressing	<b>B:</b> Breakfast Burrito, String Cheese, & Fruit  <b>L:</b> Bologna & Cheddar Sandwich. Soup, & Fruit  <b>D:</b> Chop Suey, Mixed Vegetables & Seasonal Salad	<b>B:</b> Yogurt Parfaits, Coffeecake Muffin, & Fruit  <b>L:</b> Sesame Chicken Salad Wrap. Fruit & Mediterranean Barley Salad  <b>D:</b> Chana Masala, Brown Rice, Mixed Vegetables & Seasonal Salad with dressing	<b>B:</b> Sausage Gravy, Biscuit & Fruit  <b>L:</b> PB & J Sandwich, Salad w/ Dressing, & Fruit  <b>D:</b> Tuna Noodle Casserole, Mixed Vegetables & Seasonal Salad with Dressing	<b>B:</b> Muffin, Yogurt & Fruit  <b>L:</b> Tuna Salad Wrap. Soup & Fruit  <b>D:</b> Tuscan Chicken, Seasonal Salad w/Dressing, Mixed Vegetables	<b>B:</b> Blueberry Shortcake Pancake, Ham, Fruit  <b>L:</b> Greek Hummus Wrap, Coleslaw & Fruit  <b>D:</b> Hamburger, Sweet Potato JoJo's, & Seasonal Sala d	<b>B:</b> Strata, Fruit, Yogurt  <b>L:</b> Ham & Swiss Sandwich. Pasta Salad, & Fruit  <b>D:</b> Turkey Stroganoff, Seasonal Veg, & Seasonal Salad
17	18	19	20	21	22	23
<b>B:</b> Yogurt Parfait, Ham, & Fruit  <b>L:</b> Ham Salad Sandwich. Fruit & Bean Salad  <b>D:</b> Bean & Cheese Burritos. Seasonal Veg & Seasonal Salad	<b>B:</b> Frittata, Potatoes O'Brien, & Fruit  <b>L:</b> PB & Banana Sandwich. Soup, & Fruit  <b>D:</b> Jambalaya, Seasonal Veg & Seasonal Salad	<b>B:</b> Apple Crisp, Sausage, Fruit  <b>L:</b> Turkey Reuben Wrap, Corn Succotash & Fruit  <b>D:</b> Stuffed Peppers, Seasonal Veg & Seasonal Salad	<b>B:</b> Quiche, Cereal, & Fruit  <b>L:</b> Bologna & Cheddar Sandwich. Chex Mix, & Fruit  <b>D:</b> Sausage & Pepper Sandwich, Jojo Potatoes & Seasonal Salad	<b>B:</b> Bagel w/ Toppings, Hardboiled Egg, & Fruit  <b>L:</b> Egg Salad Sandwich. Soup, & Fruit  <b>D:</b> Turkey & Gravy Supreme. Parker House Roll, Mixed Vegetable & Seasonal Salad	<b>B:</b> "McGriddle" Sandwich & Fruit  <b>L:</b> Chicken & Garbanzo Bean Wrap. Lentil Salad & Fruit  <b>D:</b> Hawaiian Pork, Rice, Seasonal Veg & Seasonal Salad	<b>B:</b> Shashuka, Pita, Fruit  <b>L:</b> Cuban Sandwich Pasta Salad, & Fruit  <b>D:</b> Turkey Gumbo, Brown Rice, Mixed Vegetables & Seasonal Salad with Dressing
24	25	26	27	28	29	
<b>B:</b> Strata, Cottage Cheese, Fruit  <b>L:</b> Turkey, Sweet Mustard, Provolone sandwich. Squash & Quinoa Salad, Fruit  <b>D:</b> Chicken Cacciatore, Seasonal Veg & Seasonal Salad	<b>B:</b> Blueberry Shortcake Pancake, Ham, Fruit  <b>L:</b> Bologna & Cheddar Sandwich. Soup, Fruit  <b>D:</b> Caramelized Onion & Chili Verde Macaroni & Cheese, Seasonal Veg & Seasonal Salad	<b>B:</b> Yogurt Parfaits, Banana Muffin, & Fruit  <b>L:</b> Moroccan Chicken Wrap, Bean Salad, & Fruit  <b>D:</b> Pork & Beans, Seasonal Veg & Seasonal Salad	<b>B:</b> Oatmeal with Toppings, Hardboiled Egg, & Fruit  <b>L:</b> PB & J Sandwich, Chex Mix, & Fruit  <b>D:</b> Chickpea Tikka Masala with Rice & Lentil. Roasted Carrots & Seasonal Salad	<b>B:</b> Caramelized Banana Bread Pudding, Yogurt, Fruit  <b>L:</b> Egg Salad Sandwich. Soup, Fruit  <b>D:</b> Vegetable Alfredo Pasta, Mixed Vegetables, Seasonal Salad	<b>B:</b> Sausage Gravy, Biscuit & Fruit  <b>L:</b> Ham & Swiss Sandwich. Pasta Salad, & Fruit  <b>D:</b> Baked Potato Bar (Turkey Chili & Cheddar Cheese) Broccoli, & Salad w/Dressing	

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. \*\*