

FareStart Community Meals Menu: July 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|--|---|--|
| | | | | | | 1 |
| | | | | | | B: Quiche, Cereal, & Fruit L: Bologna & Cheddar Sandwich, Banana Bread, & Fruit D: Tater Tot Casserole, Seasonal Veg & Seasonal Salad |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| B: Bagel w/ Toppings, Hardboiled Egg, & Fruit L: Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit D: Veg Lasagna, Seasonal Veg & Seasonal Salad | B: Baked French Toast, Sausage, & Fruit L: BBQ Chicken Wrap, Soup, & Fruit D: Sloppy Joe, Seasonal Veg & Seasonal Salad | B: Yogurt Parfaits, Quick Bread, & Fruit L: PB & J Sandwich, Pasta Salad, & Fruit  D: Hot Dogs, Macaroni Salad, Seasonal Veg, Cookie | B: Cheddar Scone, Cottage Cheese, & Fruit L: Tuna Salad Wrap, Soup, & Fruit D: Pork Taco, Carrots, & Seasonal Salad | B: Breakfast Burrito, String Cheese, & Fruit L: Roast Beef & Provolone Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit D: Veg Alfredo Pasta, Seasonal Veg & Seasonal Salad | B: Oatmeal with Toppings, Hardboiled Egg, & Fruit L: Chicken Caesar Wrap, Soup, & Fruit D: Chicken Philly, Seasonal Veg & Seasonal Salad | B: Yogurt Parfaits, Quick Bread, & Fruit L: Egg Salad Sandwich, Salad w/ Dressing, Fruit, & Cookie D: Chicken & Biscuit, Seasonal Veg & Seasonal Salad |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| B: Sausage Gravy, Biscuit, & Fruit L: Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit D: Macaroni & Cheese, Seasonal Veg & Seasonal Salad | B: Muffin, Yogurt, & Fruit L: Greek Hummus Wrap, Soup, & Fruit D: White Chili, Biscuit, Seasonal Veg & Seasonal Salad | B: Breakfast Sandwich & Fruit L: Ham & Swiss Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit D: Roast Chicken Drumstick, Potatoes, Carrots, Seasonal Salad | B: Yogurt Parfait, Ham, & Fruit L: Chicken Salad Wrap, Soup, & Fruit D: Sweet & Sour Pork, Rice, Seasonal Veg & Seasonal Salad | B: Frittata, Potatoes O'Brien, & Fruit L: PB & J Sandwich, Pasta Salad, & Fruit D: Pulled Beef Sandwich, Seasonal Veg & Seasonal Salad | B: Coffeecake, Cottage Cheese, Ham, & Fruit L: Turkey & Pepperjack Wrap, Soup, & Fruit D: Braised Pork w/ Gravy, Rice, Seasonal Veg & Seasonal Salad | B: Quiche, Cereal, & Fruit L: Bologna & Cheddar Sandwich, Banana Bread, & Fruit D: Baked Ziti, Seasonal Veg & Seasonal Salad |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| B: Bagel w/ Toppings, Hardboiled Egg, & Fruit L: Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit D: Chicken Fajitas, Seasonal Veg & Seasonal Salad | B: Baked French Toast, Sausage, & Fruit L: BBQ Chicken Wrap, Soup, & Fruit D: Chickpea Tikka Masala, Rice, Seasonal Veg & Seasonal Salad | B: Yogurt Parfaits, Quick Bread, & Fruit L: PB & J Sandwich, Pasta Salad, & Fruit D: Turkey Stroganoff, Carrots, & Seasonal Salad | B: Cheddar Scone, Cottage Cheese, & Fruit L: Tuna Salad Wrap, Soup, & Fruit D: Pasta Fagioli, Seasonal Veg & Seasonal Salad | B: Breakfast Burrito, String Cheese, & Fruit L: Roast Beef & Provolone Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit D: Veg Tamale Pie, Seasonal Veg & Seasonal Salad | B: Oatmeal with Toppings, Hardboiled Egg, & Fruit L: Chicken Caesar Wrap, Soup, & Fruit D: Pork & Beans, Biscuit, Seasonal Veg & Seasonal Salad | B: Yogurt Parfaits, Quick Bread, & Fruit L: Egg Salad Sandwich, Salad w/ Dressing, Fruit, & Cookie D: Sticky Garlic Sesame Chicken, Rice, Seasonal Veg & Seasonal Salad |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| B: Sausage Gravy, Biscuit, & Fruit L: Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit D: BBQ Pork Sandwich, Seasonal Veg & Seasonal Salad | B: Muffin, Yogurt, & Fruit L: Greek Hummus Wrap, Soup, & Fruit D: Chicken Parm Pasta, Seasonal Veg & Seasonal Salad | B: Breakfast Sandwich & Fruit L: Ham & Swiss Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit D: Hawaiian Pork, Rice, Carrots, & Seasonal Salad | B: Yogurt Parfait, Ham, & Fruit L: Chicken Salad Wrap, Soup, & Fruit D: Bean & Cheese Burritos, Seasonal Veg & Seasonal Salad | B: Frittata, Potatoes O'Brien, & Fruit L: PB & J Sandwich, Pasta Salad, & Fruit D: Chicken Rama w/ Peanut Sauce, Rice, Seasonal Veg & Seasonal Salad | B: Coffeecake, Cottage Cheese, Ham, & Fruit L: Turkey & Pepperjack Wrap, Soup, & Fruit D: Veg Chili, Cornbread, Seasonal Veg & Seasonal Salad | B: Quiche, Cereal, & Fruit L: Bologna & Cheddar Sandwich, Banana Bread, & Fruit D: Beef Pot Pie, Seasonal Veg & 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.**