

# FareStart Lunch Menu: July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Macaroni and Cheese with Butternut Squash Puree</b> Peas and Carrots Apples	<b>No Meal Delivery</b>	<b>Turkey Sloppy Joe with Whole Wheat Bun</b> Steamed Carrots Bananas	<b>Chicken Fajita with Peppers, Carrots, Onions and Celery</b> Whole Wheat Tortilla Berries and Yogurt	<b>Penne Pasta with Red Sauce and Turkey Meatballs</b> Peas and Carrots Pear Crumble
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Rotini with Turkey Bolognese, Carrots, Celery and Onion</b> Apples	<b>Chicken Carnitas with Peppers, Carrots, Onions, and Celery</b> Whole Wheat Tortilla Strawberry Applesauce	<b>Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla</b> Coleslaw Banana	<b>Roasted Chicken Drumsticks</b> Mashed Potatoes Whole Wheat Bread Oranges	<b>Vegetarian Lasagna with Tofu</b> Cut Melons Broccoli
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Macaroni and Cheese with Butternut Squash Puree</b> Peas and Carrots Apples	<b>Chicken Alfredo with Bowtie Pasta and Cauliflower Puree</b> Green Beans Oranges	<b>Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese</b> Mixed Green Salad with Honey Mustard Dressing Banana	<b>Turkey, Bean, and Rice Wrap</b> Ranch Dip Corn Berries and Yogurt	<b>Beef Sliders</b> Roasted Potatoes Fruit Crisp
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Chicken Curry with Carrots, Potatoes, Onions, and Yellow Squash</b> Apples Pita	<b>Turkey and Macaroni in a Brown Gravy Sauce</b> Oranges Peas and Carrots	<b>Chicken Parmesan with Onions and Peppers</b> Whole wheat Bread Banana	<b>Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa</b> Corn Strawberry Aps.	<b>Hearty Beef Stew with Potatoes, Carrots, and Onions</b> Cornbread Apple Crumble
<b>31</b>				
<b>Macaroni and Cheese with Butternut Squash Puree</b> Peas and Carrots Apples				



**FARESTART**

*Great Food. Better Lives.*

*FareStart's menu changes seasonally and focuses on fresh, seasonal produce. Fruit may change Without notice due to ripeness and availability.*

FareStart's School Meals menu is free of nuts, pork, and shellfish.

Please note that pork, shellfish, and other allergens may be processed in the facility.

# FareStart Lunch Menu: August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>BBQ Chicken</b> Corn Whole Wheat Bun Oranges	2 <b>Turkey Sloppy Joe with Whole Wheat Bun</b> Steamed Carrots Banana	3 <b>Chicken Fajita with Peppers, Carrots, Onions and Celery</b> Whole Wheat Tortilla Berries and Yogurt	4 <b>Penne Pasta with Red Sauce and Turkey Meatballs</b> Peas and Carrots Pear Crumble
7 <b>Rotini with Turkey Bolognese, Carrots, Celery and Onion</b> Apples	8 <b>Chicken Carnitas with Peppers, Carrots, Onions, and Celery</b> Whole Wheat Tortilla Strawberry Applesauce	9 <b>Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla</b> Coleslaw Banana	10 <b>Roasted Chicken Drumsticks</b> Mashed Potatoes Whole Wheat Bread Banana	11 <b>Vegetarian Lasagna with Tofu</b> Cut Melons Broccoli
14 <b>Macaroni and Cheese with Butternut Squash Puree</b> Peas and Carrots Apples	15 <b>Chicken Alfredo with Bowtie Pasta and Cauliflower Puree</b> Green Beans Oranges	16 <b>Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese</b> Mixed Green Salad with Honey Mustard Dressing Banana	17 <b>Turkey, Bean, Cheese, and Rice Wrap</b> Ranch Dip Corn Berries and Yogurt	18 <b>Beef Sliders</b> Roasted Potatoes Fruit Crisp
21 <b>Chicken Curry with Carrots, Potatoes, Onions, and Yellow Squash</b> Apples Pita	22 <b>Turkey and Macaroni in a Brown Gravy Sauce</b> Oranges Peas and Carrots	23 <b>Chicken Parmesan with Onions and Peppers</b> Whole wheat Bread Banana	24 <b>Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa</b> Corn Strawberry Aps.	25 <b>Hearty Beef Stew with Potatoes, Carrots, and Onions</b> Cornbread Apple Crumble
28 <b>Macaroni and Cheese with Butternut Squash Puree</b> Peas and Carrots Apples	29 <b>BBQ Chicken</b> Corn Whole Wheat Bun Oranges	30 <b>Turkey Sloppy Joe with Whole Wheat Bun</b> Steamed Carrots Banana	31 <b>Chicken Fajita with Peppers, Carrots, Onions and Celery</b> Whole Wheat Tortilla Berries and Yogurt	



FARESTART

*FareStart's menu changes seasonally and focuses on fresh, seasonal produce. Fruit may change Without notice due to ripeness and availability.*

FareStart's School Meals menu is free of nuts, pork, and shellfish.

Please note that pork, shellfish, and other allergens may be processed in the facility.

*Great Food. Better Lives.*

# FareStart Lunch Menu:

## September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				<b>Penne Pasta with Red Sauce and Turkey Meatballs</b> Peas and Carrots Pear Crumble
4	5	6	7	8
<b>Labor Day</b>	<b>Chicken Carnitas with Peppers, Carrots, Onions, and Celery</b> Whole Wheat Tortilla Oranges	<b>Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla</b> Coleslaw Banana	<b>Roasted Chicken Drumsticks</b> Mashed Potatoes Whole Wheat Bread Strawberry Applesauce	<b>Vegetarian Lasagna with Tofu</b> Cut Melons Broccoli
11	12	13	14	15
<b>Macaroni and Cheese with Butternut Squash Puree</b> Peas and Carrots Apples	<b>Chicken Alfredo with Bowtie Pasta and Cauliflower Puree</b> Green Beans Oranges	<b>Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese</b> Mixed Green Salad with Honey Mustard Dressing Banana	<b>Turkey, Bean, Cheese, and Rice Wrap</b> Ranch Dip Corn Berries and Yogurt	<b>Beef Sliders</b> Roasted Potatoes Fruit Crisp
18	19	20	21	22
<b>Chicken Curry with Carrots, Potatoes, Onions, and Yellow Squash</b> Apples Pita	<b>Turkey and Macaroni in a Brown Gravy Sauce</b> Oranges Peas and Carrots	<b>Chicken Parmesan with Onions and Peppers</b> Whole wheat Bread Banana	<b>Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa</b> Corn Strawberry Aps.	<b>Hearty Beef Stew with Potatoes, Carrots, and Onions</b> Cornbread Apple Crumble
25	26	27	28	29
<b>Macaroni and Cheese with Butternut Squash Puree</b> Peas and Carrots Apples	<b>BBQ Chicken</b> Corn Whole Wheat Bun Oranges	<b>Turkey Sloppy Joe with Whole Wheat Bun</b> Steamed Carrots Banana	<b>Chicken Fajita with Peppers, Carrots, Onions and Celery</b> Whole Wheat Tortilla Berries and Yogurt	<b>Penne Pasta with Red Sauce and Turkey Meatballs</b> Peas and Carrots Pear Crumble



FARESTART

*Great Food. Better Lives.*

*FareStart's menu changes seasonally and focuses on fresh, seasonal produce. Fruit may change Without notice due to ripeness and availability.*

FareStart's School Meals menu is free of nuts, pork, and shellfish.

Please note that pork, shellfish, and other allergens may be processed in the facility.