

FareStart Lunch Menu:

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
No Meal Delivery	Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla Southwest Slaw Bananas	Chicken Parmesan with Onions and Peppers Whole wheat Bread Berries and Yogurt	Beef Sliders w/ Lettuce and Tomato Whole Wheat Bun Roasted Potato Salad Peach Crumble
10	11	12	13	14
Chicken Alfredo with Shell Pasta and Cauliflower Puree Peas and Carrots Apples	Roasted Chicken Drumsticks Mashed Potatoes Whole Wheat Bread Oranges	Beef Lasagna with Ricotta & Mozzarella Steamed Carrots Bananas	Chicken Fajita with Peppers, Carrots, Onions and Celery Strawberry-Applesauce	Penne with Turkey Meatballs Mixed Green Salad with Ranch Dressing Fruit Crumble with Apples, Pear, and Raspberries
17	18	19	20	21
Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	Chicken Curry with Carrots, Potatoes, Onions, and Yellow Squash Pita Oranges	Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with French Dressing Banana	Chicken Carnitas with Peppers, Carrots, Onions, and Celery Whole Wheat Tortilla Berries and Yogurt	Turkey Sloppy Joe with Whole Wheat Bun Steamed Carrots Cut Melons
24	25	26	26	28
Vegetarian Lasagna with Tofu and Mozzarella Peas & Carrots Apples	Chicken Burrito Corn Oranges	Enchilada Casserole with Black Beans, Rice and cheese Green Beans Bananas	Chicken Pot Pie With Peas, Carrots, and Biscuit Strawberry Applesauce	Philly Cheesesteak Casserole w/ Turkey Broccoli Pear Crumble



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.