

FareStart Lunch Menu:

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Alfredo with Bowtie Pasta and Cauliflower Puree Peas and Carrots Apples	3 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla Oranges	4 Chicken Parmesan with Onions and Peppers Whole Wheat Bread Bananas	5 Turkey Sloppy Joe with Whole Wheat Bun Steamed Carrots Strawberry Applesauce	6 Beef Chili Cornbread Cucumber slices with Ranch Dressing Cut Melons
9 Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	10 BBQ Chicken Corn Whole Wheat Bun Oranges	11 Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with Honey Mustard Dressing Banana	12 Orange Chicken with Rice, Carrots, Onions, Celery, and Cabbage Berries and Yogurt	13 Beef Sliders Roasted Potatoes Fruit Crisp
16 Roasted Chicken Drumsticks Mashed Potatoes Whole Wheat Bread Apples	17 Penne Pasta with Red Sauce and Turkey Meatballs Peas and Carrots Oranges	18 Vegetarian Lasagna with Tofu Green Beans Banana	19 Chicken Fajita with Peppers, Carrots, Onions and Celery Whole Wheat Tortilla Strawberry Aps.	20 Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa Corn Pear Crumble
23 Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	24 Chicken Curry with Carrots, Potatoes, Onions, and Yellow Squash Pita Oranges	25 Enchilada Casserole with Black Beans, Rice and cheese Salad w/ French Dressing Bananas	26 Chicken Pot Pie With Biscuit Peas and Carrots Berries and Yogurt	27 Confetti Meatloaf Whole Wheat Roll Mashed Root Vegetables Apple Crumble
30 Chicken Alfredo with Bowtie Pasta and Cauliflower Puree Peas and Carrots Apples	31 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla Oranges	Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa Corn Oranges		



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Great Food. Better Lives.

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Parmesan with Onions and Peppers Whole wheat Bread Bananas	2 Turkey Sloppy Joe with Whole Wheat Bun Steamed Carrots Strawberry Applesauce	3 Beef Chili Cornbread Cucumber slices with Ranch Dressing Cut Melons
6	7	8	9	10
Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	BBQ Chicken Corn Whole Wheat Bun Oranges	Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with Honey Mustard Dressing Banana	Orange Chicken with Rice, Carrots, Onions, Celery, and Cabbage Berries and Yogurt	Veteran's Day No Meal Delivery
13	14	15	16	17
Roasted Chicken Drumsticks Mashed Potatoes Whole Wheat Bread Apples	Penne Pasta with Red Sauce and Turkey Meatballs Peas and Carrots Oranges	Vegetarian Lasagna with Tofu Green Beans Banana	Chicken Fajita with Peppers, Carrots, Onions and Celery Whole Wheat Tortilla Strawberry Aps.	Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa Corn Pear Crumble
20	21	22	23	24
Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	Chicken Curry with Carrots, Potatoes, Onions, and Yellow Squash Pita Oranges	Enchilada Casserole with Black Beans, Rice and cheese Salad w/ French Dressing Bananas	Thanksgiving No Meal Delivery	No Meal Delivery
27	28	29	30	
Chicken Alfredo with Bowtie Pasta and Cauliflower Puree Peas and Carrots Apples	Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla Oranges	Chicken Parmesan with Onions and Peppers Whole wheat Bread Bananas	Turkey Sloppy Joe with Whole Wheat Bun Steamed Carrots Strawberry Applesauce.	



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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Beef Chili Cornbread Cucumber slices with Ranch Dressing Cut Melons
4 Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	5 BBQ Chicken Corn Whole Wheat Bun Oranges	6 Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with Honey Mustard Dressing Banana	7 Orange Chicken with Rice, Carrots, Onions, Celery, and Cabbage Berries and Yogurt	8 Beef Sliders Roasted Potatoes Fruit Crisp
11 Roasted Chicken Drumsticks Mashed Potatoes Whole Wheat Bread Apples	12 Penne Pasta with Red Sauce and Turkey Meatballs Peas and Carrots Oranges	13 Vegetarian Lasagna with Tofu Green Beans Banana	14 Chicken Fajita with Peppers, Carrots, Onions and Celery Whole Wheat Tortilla Strawberry Aps.	15 Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa Corn Pear Crumble
18 Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	19 Chicken Curry with Carrots, Potatoes, Onions, and Yellow Squash Pita Oranges	20 Enchilada Casserole with Black Beans, Rice and cheese Salad w/ French Dressing Bananas	21 Chicken Pot Pie With Biscuit Peas and Carrots Berries and Yogurts	22 Confetti Meatloaf Whole Wheat Roll Mashed Root Vegetables Apple Crumble
25 Christmas No Meal Delivery	26 No Meal Delivery	27 Chicken Parmesan with Onions and Peppers Whole wheat Bread Banana	28 Turkey Sloppy Joe with Whole Wheat Bun Steamed Carrots Strawberry Applesauce	29 Beef Chili Cornbread Cucumber slices with Ranch Dressing Cut Melons



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FareStart Sack Lunch Menu: October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit	Vegetable Quinoa Salad Seasonal Fruit	Chicken Salad Wrap <i>Vegetarian: BBQ Bean Wrap w/veggies</i> Seasonal Fruit	Cheddar Cheese Sandwich Celery Sticks Seasonal Fruit	Turkey Banh Mi with Carrots and Lettuce on Hoagie Seasonal fruit
9	10	11	12	13
Yogurt Cheese Stick Pumpkin Bread Carrots Seasonal Fruit	Macaroni Turkey Salad Seasonal Fruit	Egg Salad Whole Wheat Crackers Cheese Stick Carrot Sticks Seasonal Fruit	Vegetable Macaroni Salad Seasonal Fruit	Turkey and Provolone Hoagie <i>Vegetarian: Hoagie with Provolone</i> Cucumber Slices Seasonal Fruit
16	17	18	19	20
Yogurt Cheese Stick Pumpkin Bread Carrots Seasonal Fruit	Chicken Salad Whole Wheat Crackers Cheese Stick Celery Sticks Seasonal Fruit	Turkey Roll-Up with Lettuce and Tomatoes <i>Vegetarian: Cheese Roll-Up with lettuce and tomatoes</i>	Turkey Banh Mi with Carrots and Lettuce on Hoagie Seasonal fruit	Pita w/ Chicken Salad Cheese Stick Carrot Sticks Seasonal Fruit
23	24	25	26	27
Yogurt Cheese Stick Pumpkin Bread Carrots Seasonal Fruit	Pasta Turkey Salad <i>Vegetarian: Pasta Salad with Cheese</i> Seasonal Fruit	Turkey and Provolone Hoagie <i>Vegetarian: Hoagie with Provolone</i> Cucumber Slices Seasonal Fruit	Egg Salad Wrap w/ Lettuce and Tomato Cucumber Slices Seasonal Fruit	Asian Pasta Salad with Chicken <i>Vegetarian: Pasta Salad with White Beans</i> Seasonal Fruit
30	31			
Yogurt Cheese Stick Pumpkin Bread Carrots Seasonal Fruit	Vegetable Quinoa Salad Seasonal Fruit			



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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Salad Wrap <i>Vegetarian: BBQ Bean Wrap</i> Seasonal Fruit	2 Cheddar Cheese Sandwich Celery Sticks Seasonal Fruit	3 Turkey Banh Mi with Carrots and Lettuce on Hoagie Seasonal fruit
6 Yogurt Cheese Stick Pumpkin Bread Carrots Seasonal Fruit	7 Macaroni Turkey Salad Seasonal Fruit	8 Egg Salad Whole Wheat Crackers Cheese Stick Carrot Sticks Seasonal Fruit	9 Vegetable Macaroni Salad Seasonal Fruit	10 Veteran's Day No Meal Delivery
13 Yogurt Cheese Stick Pumpkin Bread Carrots Seasonal Fruit	14 Chicken Salad Whole Wheat Crackers Cheese Stick Celery Sticks Seasonal Fruit	15 Turkey Roll-Up with Lettuce and Tomatoes <i>Vegetarian: Cheese Roll-Up with lettuce and tomatoes</i>	16 Turkey Banh Mi with Carrots and Lettuce on Hoagie Seasonal fruit	17 Pita w/ Chicken Salad Cheese Stick Carrot Sticks Seasonal Fruit
20 Yogurt Cheese Stick Pumpkin Bread Carrots Seasonal Fruit	21 Pasta Turkey Salad <i>Vegetarian: Pasta Salad with Cheese</i> Seasonal Fruit	22 Turkey and Provolone Hoagie <i>Vegetarian: Hoagie with Provolone</i> Cucumber Slices Seasonal Fruit	23 Thanksgiving No Meal Delivery	24 No Meal Delivery
27 Yogurt Cheese Stick Pumpkin Bread Carrots Seasonal Fruit	28 Vegetable Quinoa Salad Seasonal Fruit	29 Chicken Salad Wrap <i>Vegetarian: BBQ Bean Wrap</i> Seasonal Fruit	30 Cheddar Cheese Sandwich Celery Sticks Seasonal Fruit	Turkey Banh Mi with Carrots and Lettuce on Hoagie Seasonal fruit



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Monday	Tuesday	Wednesday	Thursday	Friday
				¹ Turkey Banh Mi with Carrots and Lettuce on Hoagie Seasonal fruit
⁴ Yogurt Cheese Stick Pumpkin Bread Carrots Seasonal Fruit	⁵ Macaroni Turkey Salad w/ vegetables Seasonal Fruit	⁶ Egg Salad Whole Wheat Crackers Cheese Stick Carrot Sticks Seasonal Fruit	⁷ Vegetable Macaroni Salad Seasonal Fruit	⁸ Turkey and Provolone Hoagie Vegetarian: Hoagie with Provolone Cucumber Slices Seasonal Fruit
¹¹ Yogurt Cheese Stick Pumpkin Bread Carrots Seasonal Fruit	¹² Chicken Salad Whole Wheat Crackers Cheese Stick Celery Sticks Seasonal Fruit	¹³ Turkey Roll-Up with Lettuce and Tomatoes Vegetarian: Cheese Roll-Up with lettuce and tomatoes	¹⁴ Turkey Banh Mi with Carrots and Lettuce on Hoagie Seasonal fruit	¹⁵ Pita w/ Chicken Salad Cheese Stick Carrot Sticks Seasonal Fruit
¹⁸ Yogurt Cheese Stick Pumpkin Bread Carrots Seasonal Fruit	¹⁹ Pasta Turkey Salad Vegetarian: Pasta Salad with Cheese Seasonal Fruit	²⁰ Turkey and Provolone Hoagie Vegetarian: Hoagie with Provolone Cucumber Slices Seasonal Fruit	²¹ Egg Salad Wrap w/ Lettuce and Tomato Cucumber Slices Seasonal Fruit	²² Asian Pasta Salad with Chicken Vegetarian: Pasta Salad with White Beans Seasonal Fruit
²⁵ Christmas No Meal Delivery	²⁶ No Meal Delivery	²⁷ Chicken Salad Wrap Vegetarian: BBQ Bean Wrap Seasonal Fruit	²⁸ Cheddar Cheese Sandwich Celery Sticks Seasonal Fruit	²⁹ Turkey Banh Mi with Carrots and Lettuce on Hoagie Seasonal fruit



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Monday	Tuesday	Wednesday	Thursday	Friday
2 Provolone Cheese and Whole Wheat Crackers	3 Hard-Boiled Egg and Fresh Melons	4 Vanilla Yogurt and Melons	5 Hummus, Carrot Sticks, and Celery Sticks	6 Turkey Slices and Whole Wheat Crackers
9 String Cheese and Whole Wheat Crackers	10 Berries & Yogurt and Whole Wheat Bread	11 Cheddar Cheese, Carrots, and Celery Sticks	12 Pita and Hummus	13 Whole Wheat Bagel and Bananas
16 Provolone Cheese and Whole Wheat Crackers	17 Hard-Boiled Egg and Fresh Melons	18 Vanilla Yogurt and Melons	19 Hummus, Carrot Sticks, and Celery Sticks	20 Turkey Slices and Whole Wheat Crackers
23 String Cheese and Whole Wheat Crackers	24 Berries & Yogurt and Whole Wheat Bread	25 Cheddar Cheese, Carrots, and Celery Sticks	26 Pita and Hummus	27 Whole Wheat Bagel and Bananas
30 Provolone Cheese and Whole Wheat Crackers	31 Hard-Boiled Egg and Fresh Melons			



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		1 Vanilla Yogurt and Melons	2 Hummus, Carrot Sticks, and Celery Sticks	3 Turkey Slices and Whole Wheat Crackers
6 String Cheese and Whole Wheat Crackers	7 Berries & Yogurt and Whole Wheat Bread	8 Cheddar Cheese, Carrots, and Celery Sticks	9 Pita and Hummus	10 Veterans Day No Meal Delivery
13 Provolone Cheese and Whole Wheat Crackers	14 Hard-Boiled Egg and Fresh Melons	15 Vanilla Yogurt and Melons	16 Hummus, Carrot Sticks, and Celery Sticks	17 Turkey Slices and Whole Wheat Crackers
20 String Cheese and Whole Wheat Crackers	21 Berries & Yogurt and Whole Wheat Bread	22 Cheddar Cheese, Carrots, and Celery Sticks	23 Thanksgiving No Meal Delivery	24 No Meal Delivery
27 Provolone Cheese and Whole Wheat Crackers	28 Hard-Boiled Egg and Fresh Melons	29 Vanilla Yogurt and Melons	30 Hummus, Carrot Sticks, and Celery Sticks	

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				1 Turkey Slices and Whole Wheat Crackers
4 String Cheese and Whole Wheat Crackers	5 Berries & Yogurt and Whole Wheat Bread	6 Cheddar Cheese, Carrots, and Celery Sticks	7 Pita and Hummus	8 Whole Wheat Bagel and Bananas
11 Provolone Cheese and Whole Wheat Crackers	12 Hard-Boiled Egg and Fresh Melons	13 Vanilla Yogurt and Melons	14 Hummus, Carrot Sticks, and Celery Sticks	15 Turkey Slices and Whole Wheat Crackers
18 String Cheese and Whole Wheat Crackers	19 Berries & Yogurt and Whole Wheat Bread	20 Cheddar Cheese, Carrots, and Celery Sticks	21 Pita and Hummus	22 Whole Wheat Bagel and Bananas
25 Christmas No Meal Delivery	26 No Meal Delivery	27 Vanilla Yogurt and Melons	28 Hummus, Carrot Sticks, and Celery Sticks	29 Turkey Slices and Whole Wheat Crackers



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FareStart Allergen-Free Menu: October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken and Rice with Dairy-Free Cauliflower Puree Peas and Carrots Apples	3 Veggie Quesadilla on Corn Tortilla With Pureed Sweet Potatoes and Black Beans Oranges	4 Chicken Parmesan with Onions and Peppers Corn Tortilla Bananas	5 Turkey Sloppy Joe with Corn Tortillas Steamed Carrots Strawberry Applesauce.	6 Beef Chili Corn Tortilla Cucumber slices with ranch dressing Cut Melons
9 Rice and Beans with Diced Butternut Squash Peas and Carrots Apples	10 BBQ Chicken Corn Corn Tortilla Oranges	11 Veggie Pizza on Corn Tortillas w/ Chopped Greens, White Beans and Tomato Sauce Mixed Green Salad with Honey Mustard Dressing Banana	12 Orange Chicken with Allergen Free Rice, Carrots, Onions, Celery, and Cabbage Mixed Berries	13 Beef Sliders Corn Tortilla Roasted Potatoes Fruit Compote
16 Roasted Chicken Drumsticks Mashed Potatoes Corn Tortilla Apples	17 Turkey and Rice in a Red Sauce Peas and Carrots Orange	18 Vegetarian Lasagna with Corn Tortilla and White Beans Green Beans Banana	19 Chicken Fajita with Peppers, Carrots, Onions and Celery Corn Tortilla Strawberry Aps.	20 Hand-Rolled Bean and Rice Burrito on Corn Tortilla w/ Mild Salsa Corn Oranges
23 Rice and Beans with Diced Butternut Squash Peas and Carrots Apples	24 Chicken Curry with Carrots, Potatoes, Onions, and Yellow Squash Corn Tortilla Oranges	25 Enchilada Casserole with Black Beans and Rice Salad w/ French Dressing Bananas	26 Chicken Pot Pie With Allergen Free Rice Peas and Carrots Mixed Berries	27 Confetti Meatloaf Corn Tortilla Mashed Root Vegetables Apple Compote
30 Chicken and Rice with Dairy-Free Cauliflower Puree Peas and Carrots Apples	31 Veggie Quesadilla on Corn Tortilla With Pureed Sweet Potatoes and Black Beans Oranges			



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Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken Parmesan with Onions and Peppers Corn Tortilla Bananas	Turkey Sloppy Joe with Corn Tortillas Steamed Carrots Strawberry Applesauce.	Beef Chili Corn Tortilla Cucumber slices with ranch dressing Cut Melons
6	7	8	9	10
Rice and Beans with Diced Butternut Squash Peas and Carrots Apples	BBQ Chicken Corn Corn Tortilla Oranges	Veggie Pizza on Corn Tortillas w/ Chopped Greens, White Beans and Tomato Sauce Mixed Green Salad with Honey Mustard Dressing Banana	Orange Chicken with Allergen Free Rice, Carrots, Onions, Celery, and Cabbage Mixed Berries	Veteran's Day No Meal Delivery
13	14	15	16	17
Roasted Chicken Drumsticks Mashed Potatoes Corn Tortilla Apples	Turkey and Rice in a Red Sauce Peas and Carrots Orange	Vegetarian Lasagna with Corn Tortilla and White Beans Green Beans Banana	Chicken Fajita with Peppers, Carrots, Onions and Celery Corn Tortilla Strawberry Aps.	Hand-Rolled Bean and Rice Burrito on Corn Tortilla w/ Mild Salsa Corn Oranges
20	21	22	23	24
Rice and Beans with Diced Butternut Squash Peas and Carrots Apples	Chicken Curry with Carrots, Potatoes, Onions, and Yellow Squash Corn Tortilla Oranges	Enchilada Casserole with Black Beans and Rice Salad w/ French Dressing Bananas	Thanksgiving No Meal Delivery	No Meal Delivery
27	28	29	30	
Chicken and Rice with Dairy-Free Cauliflower Puree Peas and Carrots Apples	Veggie Quesadilla on Corn Tortilla With Pureed Sweet Potatoes and Black Beans Oranges	Chicken Parmesan with Onions and Peppers Corn Tortilla Bananas	Turkey Sloppy Joe with Corn Tortillas Steamed Carrots Strawberry Applesauce.	



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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Beef Chili Corn Tortilla Cucumber slices with ranch dressing Cut Melons
4 Rice and Beans with Diced Butternut Squash Peas and Carrots Apples	5 BBQ Chicken Corn Corn Tortilla Oranges	6 Veggie Pizza on Corn Tortillas w/ Chopped Greens, White Beans and Tomato Sauce Mixed Green Salad with Honey Mustard Dressing Banana	7 Orange Chicken with Allergen Free Rice, Carrots, Onions, Celery, and Cabbage Mixed Berries	8 Beef Sliders Corn Tortilla Roasted Potatoes Fruit Compote
11 Roasted Chicken Drumsticks Mashed Potatoes Corn Tortilla Apples	12 Turkey and Rice in a Red Sauce Peas and Carrots Orange	13 Vegetarian Lasagna with Corn Tortilla and White Beans Green Beans Banana	14 Chicken Fajita with Peppers, Carrots, Onions and Celery Corn Tortilla Strawberry Aps.	15 Hand-Rolled Bean and Rice Burrito on Corn Tortilla w/ Mild Salsa Corn Oranges
18 Rice and Beans with Diced Butternut Squash Peas and Carrots Apples	19 Chicken Curry with Carrots, Potatoes, Onions, and Yellow Squash Corn Tortilla Orange	20 Enchilada Casserole with Black Beans and Rice Salad w/ French Dressing Bananas	21 Chicken Pot Pie With Allergen Free Rice Peas and Carrots Mixed Berries	22 Confetti Meatloaf Corn Tortilla Mashed Root Vegetables Apple Compote
25 Christmas No Meal Delivery	26 No Meal Delivery	27 Chicken Parmesan with Onions and Peppers Corn Tortilla Bananas	28 Turkey Sloppy Joe with Corn Tortillas Steamed Carrots Strawberry Applesauce.	29 Beef Chili Corn Tortilla Cucumber slices with ranch dressing Cut Melons



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Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheerios and Peaches	3 Oatmeal and Pears	4 Homemade Pumpkin Muffins and Cantaloupe	5 Homemade Coffee Cake and Bananas	6 Whole Wheat Bread, Hard-Boiled Egg and Applesauce
9 Rice Chex and Mandarin Oranges	10 Oatmeal and Peaches	11 Homemade Morning Glory Muffin and Banana	12 Hard Boiled Egg, Pears and Whole Wheat Bread	13 Homemade Banana Muffins and Mixed Berries
16 Cheerios and Peaches	17 Oatmeal and Pears	18 Homemade Pumpkin Muffins and Cantaloupe	19 Homemade Coffee Cake and Bananas	20 Whole Wheat Bread, Hard-Boiled Egg and Applesauce
23 Rice Chex and Mandarin Oranges	24 Oatmeal and Peaches	25 Homemade Morning Glory Muffin and Banana	26 Hard Boiled Egg, Pears and Whole Wheat Bread	27 Homemade Banana Muffins and Mixed Berries
30 Cheerios and Peaches	31 Oatmeal and Pears			



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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Homemade Pumpkin Muffins and Cantaloupe	2 Homemade Coffee Cake and Bananas	3 Whole Wheat Bread, Hard-Boiled Egg and Applesauce
6 Rice Chex and Mandarin Oranges	7 Oatmeal and Peaches	8 Homemade Morning Glory Muffin and Banana	9 Hard Boiled Egg, Pears and Whole Wheat Bread	10 Veteran's Day No Meal Delivery
13 Cheerios and Peaches	14 Oatmeal and Pears	15 Homemade Pumpkin Muffins and Cantaloupe	16 Homemade Coffee Cake and Bananas	17 Whole Wheat Bread, Hard-Boiled Egg and Applesauce
20 Rice Chex and Mandarin Oranges	21 Oatmeal and Peaches	22 Homemade Morning Glory Muffin and Banana	23 Thanksgiving No Meal Delivery	24 No Meal Delivery
27 Cheerios and Peaches	28 Oatmeal and Pears	29 Homemade Pumpkin Muffins and Cantaloupe	30 Homemade Coffee Cake and Bananas	



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				1 Whole Wheat Bread, Hard-Boiled Egg and Applesauce
4 Rice Chex and Mandarin Oranges	5 Oatmeal and Peaches	6 Homemade Morning Glory Muffin and Banana	7 Hard Boiled Egg, Pears and Whole Wheat Bread	8 Homemade Banana Muffins and Mixed Berries
11 Cheerios and Peaches	12 Oatmeal and Pears	13 Homemade Pumpkin Muffins and Cantaloupe	14 Homemade Coffee Cake and Bananas	15 Whole Wheat Bread, Hard-Boiled Egg and Applesauce
18 Rice Chex and Mandarin Oranges	19 Oatmeal and Peaches	20 Homemade Morning Glory Muffin and Banana	21 Hard Boiled Egg, Pears and Whole Wheat Bread	22 Homemade Banana Muffins and Mixed Berries
25 Christmas No Meal Delivery	26 No Meal Delivery	27 Homemade Pumpkin Muffins and Cantaloupe	28 Homemade Coffee Cake and Bananas	29 Whole Wheat Bread, Hard-Boiled Egg and Applesauce



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FareStart Vegetarian Menu:

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Monday	Tuesday	Wednesday	Thursday	Friday
2 White Bean Alfredo with Bowtie Pasta and Cauliflower Puree Peas and Carrots Apples	3 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla Oranges	4 Bean Trio Parmesan (white, red, pinto beans) Whole Wheat Bread Banana	5 Veggie Sloppy Joe with Kidney Beans & Whole Wheat Bun Steamed Carrots Strawberry Applesauce	6 Veggie Chili with Quinoa and Beans Cornbread Cucumber slices with ranch dressing
9 Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	10 BBQ Beans Corn Whole Wheat Bun Oranges	11 Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with Honey Mustard Dressing Banana	12 Orange Tofu with Rice, Carrots, Onions, Celery, and Cabbage Berries and Yogurt	13 Pinto Bean Sliders Whole Wheat Roll Roasted Potatoes Fruit Crisp
16 Chick Pea Curry with Tomatoes, Potatoes, and Onions Mashed Potatoes Whole Wheat Bread Apples	17 Penne Pasta with Red Sauce and Falafel Meatballs Peas and Carrots Oranges	18 Vegetarian Lasagna with Tofu Green Beans Banana	19 Pinto Bean Fajita with Peppers, Carrots, Onion and Celery Whole Wheat Tortilla Strawberry Aps.	20 Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla with Mild Salsa Corn Pear Crumble
23 Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	24 Chick Pea Curry with Carrots, Potatoes, Onions, and Yellow Squash Pita Oranges	25 Enchilada Casserole with Black Beans, Rice and cheese Salad w/ French Dressing Bananas	26 Veggie Pot Pie with Biscuit Peas and Carrots Berries and Yogurt	27 Lentil Loaf Whole Wheat Roll Mashed Root Vegetables Apple Crumble
30 White Bean Alfredo with Bowtie Pasta and Cauliflower Puree Peas and Carrots Apples	31 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla Oranges			



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		1 Bean Trio Parmesan (white, red, pinto beans) Whole Wheat Bread Bananas	2 Veggie Sloppy Joe with Kidney Beans & Whole Wheat Bun Steamed Carrots Strawberry Applesauce	3 Veggie Chili with Quinoa and Beans Cornbread Cucumber slices with ranch dressing
6 Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	7 BBQ Beans Corn Whole Wheat Bun Oranges	8 Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with Honey Mustard Dressing Banana	9 Orange Tofu with Rice, Carrots, Onions, Celery, and Cabbage Berries and Yogurt	10 Veteran's Day No Meal Delivery
13 Chick Pea Curry with Tomatoes, Potatoes, and Onions Mashed Potatoes Whole Wheat Bread Apples	14 Penne Pasta with Red Sauce and Falafel Meatballs Peas and Carrots Oranges	15 Vegetarian Lasagna with Tofu Green Beans Banana	16 Pinto Bean Fajita with Peppers, Carrots, Onion and Celery Whole Wheat Tortilla Strawberry Aps.	17 Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla with Mild Salsa Corn Pear Crumble
20 Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	21 Chick Pea Curry with Carrots, Potatoes, Onions, and Yellow Squash Pita Oranges	22 Enchilada Casserole with Black Beans, Rice and cheese Salad w/ French Dressing Bananas	23 Thanksgiving No Meal Delivery	24 No Meal Delivery
27 White Bean Alfredo with Bowtie Pasta and Cauliflower Puree Peas and Carrots Apples	28 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla Oranges	29 Bean Trio Parmesan (white, red, pinto beans) Whole Wheat Bread Bananas	30 Veggie Sloppy Joe with Kidney Beans & Whole Wheat Bun Steamed Carrots Strawberry Applesauce	



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 Vegetarian Menu:

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Veggie Chili with Quinoa and Beans Cornbread Cucumber slices with ranch dressing
4 Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	5 BBQ Beans Corn Whole Wheat Bun Oranges	6 Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with Honey Mustard Dressing Banana	7 Orange Tofu with Rice, Carrots, Onions, Celery, and Cabbage Berries and Yogurt	8 Pinto Bean Sliders Whole Wheat Roll Roasted Potatoes Fruit Crisp
11 Chick Pea Curry with Tomatoes, Potatoes, and Onions Mashed Potatoes Whole Wheat Bread Apples	12 Penne Pasta with Red Sauce and Falafel Meatballs Peas and Carrots Oranges	13 Vegetarian Lasagna with Tofu Green Beans Banana	14 Pinto Bean Fajita with Peppers, Carrots, Onion and Celery Whole Wheat Tortilla Strawberry Aps.	15 Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla with Mild Salsa Corn Pear Crumble
18 Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	19 Chick Pea Curry with Carrots, Potatoes, Onions, and Yellow Squash Pita Orange	20 Enchilada Casserole with Black Beans, Rice and cheese Salad w/ French Dressing Bananas	21 Veggie Pot Pie with Biscuit Peas and Carrots Berries and Yogurt	22 Lentil Loaf Whole Wheat Roll Mashed Root Vegetables Apple Crumble
25 Christmas No Meal Delivery	26 No Meal Delivery	27 Bean Trio Parmesan (white, red, pinto beans) Whole Wheat Bread Banana	28 Veggie Sloppy Joe with Kidney Beans & Whole Wheat Bun Steamed Carrots Strawberry Applesauce	29 Veggie Chili with Quinoa and Beans Cornbread Cucumber slices with ranch dressing



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