

FareStart Lunch Menu:

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Vegetarian Lasagna with Tofu and Mozzarella Peas & Carrots Apples	Hand-Rolled Chicken, Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa Corn Oranges	No Meal Delivery	Chicken Pot Pie With Peas, Carrots, and Biscuit Strawberry Applesauce	Philly Cheesesteak Casserole w/ Turkey Broccoli Pear Crumble
9	10	11	12	13
Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	Shepherd's Pie w/ Beef and Carrots, Celery, and Onions Oranges Whole Wheat Bread	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
16	17	18	19	20
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 Whole Wheat Tortilla Strawberry-Applesauce	Penne with Turkey Meatballs Mixed Green Salad with Ranch Dressing Fruit Crumble with Apples, Pear, and Raspberries
23	24	25	26	27
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
30	31			
Vegetarian Lasagna with Tofu and Mozzarella Peas & Carrots Apples	Hand-Rolled Chicken, Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa Corn Oranges			

FareStart Vegetarian Menu:

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Vegetarian Lasagna (WG) with Tofu Peas & Carrots Apples	3 Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa Corn Oranges	4 No Meal Delivery	5 Veggie Pot Pie With Peas, Carrots, and White Beans Biscuit Strawberry Applesauce	6 Philly “Cheesesteak” Casserole w/ Lentils Broccoli Pear Crumble
9 Macaroni (WG) and Cheese with Butternut Squash Puree Peas and Carrots Apples	10 Shepherd’s Pie with Kidney Beans and Carrots, Celery, and Onions Oranges	11 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla Southwest Slaw Bananas	12 Bean Trio Parmesan(White, Red, and Pinto) with Onions and Peppers Whole Wheat Bread Berries and Yogurt	13 Pinto Bean Sliders w/ Lettuce and Tomato Whole Wheat Roll Roasted Potato Salad Peach Crumble
16 Shell Pasta (WG) with Veggie Bolognese, Carrots, Celery, and Lentils Apples	17 Tomato Vegetarian Curry with Potatoes and Onions Whole Wheat Bread Oranges	18 Vegetarian Lasagna (WG) with Tofu Steamed Carrots Bananas	19 Pinto Bean Fajita with Peppers, Carrots, Onions and Celery Whole Wheat Tortilla Strawberry Applesauce	20 Penne (WG) with Red Sauce and Falafel Meatballs Mixed Green Salad with Ranch Dressing Fruit Crumble with Apples, Pear, and Raspberries
23 Macaroni (WG) and Cheese with Butternut Squash Puree Peas and Carrots Apples	24 Chick Pea Curry with Carrots, Potatoes, Onions, and Yellow Squash Pita Oranges	25 Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with French Dressing Banana	26 Red Bean “Carnitas” with Peppers, Carrots, Onions, and Celery Whole Wheat Tortilla Berries and Yogurt	27 Veggie Sloppy Joe With Red Beans & Whole Wheat Bun Steamed Carrots Cut Melons
30 Vegetarian Lasagna (WG) with Tofu Peas & Carrots Apples	31 Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa Corn Oranges			

FareStart Allergen-Free Menu: July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Vegetarian Lasagna with Corn Tortilla and White Beans Peas and Carrots Apples	3 Chicken Burrito on Corn Tortilla Corn Oranges	4 No Meal Delivery	5 Chicken Pot Pie With Rice, Peas, and Carrots Corn Tortilla Strawberry Applesauce	6 Philly Cheesesteak Casserole w/ Turkey(no cheese), Onions, Peppers Broccoli Pear Compote Corn Tortilla
9	10	11	12	13
Rice and Beans with Diced Butternut Squash Peas and Carrots Apples	Shepherd's Pie w/ Beef and Vegetables Corn Tortilla Oranges	Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Corn Tortilla Southwest Slaw Bananas	Chicken Parmesan with Onions and Peppers Corn Tortilla Mixed Berries	Beef Sliders w/ Lettuce and Tomato Corn Tortilla Roasted Potatoes Peach Compote
16	17	18	19	20
Chicken and Rice with Dairy-Free Cauliflower Puree Corn Tortilla Peas and Carrots Apples	Roasted Chicken Drumsticks Mashed Potatoes Corn Tortilla Oranges	Beef Lasagna with Corn Tortilla and White Beans Steamed Carrots Banana	Chicken Fajita with Peppers, Carrots, Onions and Celery Corn Tortilla Mixed Berries	Rice with Turkey Meatballs Mixed Green Salad with French Dressing Fruit Compote
23	24	25	26	27
Rice and Beans with Diced Butternut Squash Peas and Carrots Apples	Chicken Curry with Carrots, Potatoes, Onions, and Yellow Squash Corn Tortilla Apples	Veggie Pizza on Corn Tortillas w/ Chopped Greens, White Beans and Tomato Sauce Mixed Green Salad with French Dressing Banana	Chicken Carnitas with Peppers, Carrots, Onions, and Celery Corn Tortilla Mixed Berries	Turkey Sloppy Joe Corn Tortilla Steamed Carrots Cut Melons
30	31			
Vegetarian Lasagna with Corn Tortilla and White Beans Peas and Carrots Apples	Chicken Burrito on Corn Tortilla Corn Oranges			

FareStart Sack Lunch Menu:

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Yogurt Cheese Stick Pumpkin Bread Carrots Seasonal Fruit	3 Cheddar Cheese Sandwich with Lettuce and Tomato Cucumber Slices Seasonal Fruit	4 No Meal Delivery	5 Pita Pizza Celery Sticks Seasonal Fruit	6 Turkey and Cheese Pita <i>Vegetarian: Cheese + Tomato Pita</i> Celery Sticks Seasonal Fruit
9 Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit	10 Turkey Sandwich With Lettuce and Tomato Vegetarian – Cheese Sandwich with Lettuce and Tomato Seasonal Fruit	11 Egg Salad Whole Wheat Animal Crackers Cheese Stick Carrot Sticks Seasonal Fruit	12 Sunbutter and Jelly Sandwich Seasonal Fruit Sliced Cucumbers Cheese Stick	13 Roast Beef Sandwich on Whole Wheat Bun With Lettuce and tomato Seasonal Fruit <i>Vegetarian – Cheese Sandwich with Lettuce and Tomato</i>
16 Yogurt Cheese Stick Pumpkin Bread Carrots Seasonal Fruit	17 Turkey Bahn Mi Seasonal Fruit Sliced Cucumbers <i>Vegetarian – Veggie Bahn Mi</i>	18 Pita Pizza Celery Sticks Seasonal Fruit	19 Two-Cheese Sandwich with Lettuce and Tomato Seasonal Fruit Carrot Sticks	20 Chef Salad with Turkey, Cheese, Egg, and Tomato Seasonal Fruit Ranch Dressing Whole Wheat Crackers <i>Vegetarian – Chef Salad with Cheese, Egg, and Tomato</i>
23 Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit	24 Hard Boiled Egg Cheese Stick Whole Wheat Crackers Sliced Cucumbers Seasonal Fruit	25 Turkey Sandwich with Provolone With Lettuce and Tomato Seasonal Fruit <i>Vegetarian – Cheese Sandwich with Provolone and Lettuce and Tomato</i>	26 Chicken Salad Sandwich on a Hoagie Roll <i>Vegetarian: Bean Salad Sandwich</i> Seasonal Fruit Cucumber Slices <i>Vegetarian – Bean Salad Sandwich</i>	27 Hummus Whole Wheat Crackers Carrots/Celery Seasonal Fruit Cheese Stick
30 Yogurt Cheese Stick Pumpkin Bread Carrots Seasonal Fruit	31 Cheddar Cheese Sandwich with Lettuce and Tomato Cucumber Slices Seasonal Fruit			

FareStart Breakfast Menu:

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Rice Chex and Mandarin Oranges	3 Hard Boiled Egg, Pears and Whole Wheat Bread	4 No Meal Delivery	5 Oatmeal and Peaches	6 Homemade Banana Muffins and Mixed Berries
9 Cheerios and Peaches	10 Oatmeal and Pears	11 Homemade Pumpkin Muffins and Mandarin Oranges	12 Homemade Coffee Cake and Bananas	13 Whole Wheat Bread, Hard- Boiled Egg and Applesauce
16 Rice Chex and Mandarin Oranges	17 Oatmeal and Peaches	18 Homemade Morning Glory Muffin and Banana	19 Hard Boiled Egg, Pears and Whole Wheat Bread	20 Homemade Banana Muffins and Mixed Berries
23 Cheerios and Peaches	24 Oatmeal and Pears	25 Homemade Pumpkin Muffins and Mandarin Oranges	26 Homemade Coffee Cake and Bananas	27 Whole Wheat Bread, Hard- Boiled Egg and Applesauce
30 Rice Chex and Mandarin Oranges	31 Oatmeal and Peaches			

FareStart Snack Menu:

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 String Cheese and Whole Wheat Crackers	3 Berries & Yogurt and Whole Wheat Bread	4 No Meal Delivery	5 Provolone Cheese and Whole Wheat Crackers	6 Whole Wheat Bagel and Bananas
9 Provolone Cheese and Whole Wheat Crackers	10 Hard-Boiled Egg and Fresh Melons	11 Vanilla Yogurt and Melons	12 Hummus, Carrot Sticks, and Celery Sticks	13 Turkey Slices and Whole Wheat Crackers
16 String Cheese and Whole Wheat Crackers	17 Berries & Yogurt and Whole Wheat Bread	18 Cheddar Cheese, Carrots, and Celery Sticks	19 Pita (WG) and Hummus	20 Whole Wheat Bagel and Bananas
23 Provolone Cheese and Whole Wheat Crackers	24 Hard-Boiled Egg and Fresh Melons	25 Vanilla Yogurt and Melons	26 Hummus, Carrot Sticks, and Celery Sticks	27 Turkey Slices and Whole Wheat Crackers
30 String Cheese and Whole Wheat Crackers	31 Berries & Yogurt and Whole Wheat Bread			