

FareStart Fall Menu:

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Alfredo with Elbow(WGR) Pasta and Cauliflower Puree Peas and Carrots Apples	Roasted Chicken Drumsticks Mashed Potatoes Whole Wheat Bread(WGR) Oranges	Vegetarian Lasagna (WGR) with Tofu and Mozzarella Green Beans Bananas	Chicken Curry with Carrots, Potatoes, Onions, Yellow Squash Pita(WGR) Strawberry-Applesauce	Turkey Sliders w/ Lettuce and Tomato Whole Wheat Bun(WGR) Roasted Potatoes Pear Crumble
8	9	10	11	12
Macaroni(WGR) and Cheese with Butternut Squash Puree Peas and Carrot Apples	Chicken Stew with Potatoes, Carrots, and Onions Oranges Whole Wheat Roll(WGR)	Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla(WGR) Southwest Slaw Bananas	Turkey Sloppy Joe With Whole Wheat Bun(WGR) Berries and Yogurt Steamed Carrots	Salisbury Steak with Mashed Potatoes and Gravy Whole Wheat Roll(WGR) Apple Crumble
15	16	17	18	19
Beef Lasagna (WGR) with Ricotta & Mozzarella Peas & Carrots Apples	Veggie Chili with Quinoa(WGR), Red Beans, Onions, Carrots, and Tomatoes Oranges	Veggie Pizza on Pita Bread(WGR) with Tomato Sauce, Chopped Greens and Cheese Mixed Green Salad with French Dressing Bananas	Chicken Stir Fry with Peppers, Onions, Carrots, Celery, and Brown Rice(WGR) Strawberry Applesauce	Penne(WGR) with Turkey Meatballs with Red Sauce Green Beans Fruit Crumble with Apples, Pear, and Raspberries
22	23	24	25	26
Macaroni(WGR) and Cheese with Butternut Squash Puree Peas and Carrots Apples	Chicken Fajita with Peppers, Carrots, Onions and Celery Oranges Whole Wheat Tortilla(WGR)	Enchilada Casserole with Corn Tortilla(WGR) with Black Beans, Rice and Cheese Green Beans Bananas	Chicken Pot Pie with Peas, Carrots Berries and Yogurt Whole Wheat Biscuit(WGR)	Marinara Beef Meatball Sandwich Whole Wheat Bun(WGR) Roasted Potatoes Provolone Peach Crumble
29	30	31	1	2
Chicken Alfredo with Elbow Pasta(WGR) and Cauliflower Puree Peas and Carrots Apples	Roasted Chicken Drumsticks Mashed Potatoes Whole Wheat Bread(WGR) Oranges	Vegetarian Lasagna(WGR) with Tofu and Mozzarella Green Beans Bananas		