

FareStart Lunch Menu:

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 No Meal Delivery	2 Penne (WG) with Turkey Bolognese, Carrots, Celery and Onion Whole Wheat Bread Oranges	3 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla Coleslaw Bananas	4 Chicken Pot Pie With Peas, Carrots, and Biscuit Berries and Yogurt	5 Turkey Cheese Burgers Roasted Potatoes Apple Crumble Whole Wheat Bun
8 Macaroni (WG) and Cheese with Butternut Squash Puree Peas and Carrots Apples	9 Chicken Fajita with Peppers, Carrots, Onions and Celery Whole Wheat Tortilla Oranges	10 Vegetarian Lasagna (WG) with Tofu Green Beans Banana	11 Turkey Sloppy Joe with Whole Wheat Bun Steamed Carrots Strawberry Applesauce	12 Roasted Chicken Drumsticks Mashed Potatoes Fruit Crisp
15 No Meal Delivery	16 Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa Corn Oranges	17 Chicken Parmesan with Onions and Peppers Whole Wheat Bread Bananas	18 Enchilada Casserole with Black Beans, Rice and cheese Corn Berries and Yogurt	19 Beef Sliders w/ Lettuce and Tomato Whole Wheat Bun Roasted Potatoes Pear Crumble
22 Macaroni (WG) and Cheese with Butternut Squash Puree Peas and Carrots Apples	23 Chicken Curry with Carrots, Potatoes, Onions, and Yellow Squash Pita Oranges	24 Veggie Pizza on Pita Bread (WG) with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with French Dressing Banana	25 BBQ Chicken Whole Wheat Bun Strawberry Applesauce Corn	26 Beef Chili with Veggies Cornbread Peach Crumble
29 Creamy Pesto Sauce with Shell Pasta (WG) and Chicken Peas and Carrots Apples	30 Penne (WG) with Turkey Bolognese, Carrots, Celery and Onion Whole Wheat Bread Oranges	31 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla Coleslaw Bananas		



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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:

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Pot Pie With Peas, Carrots, and Biscuit Berries and Yogurt	2 Turkey Cheese Burgers Roasted Potatoes Apple Crumble Whole Wheat Bun
5	6	7	8	9
Macaroni (WG) and Cheese with Butternut Squash Puree Peas and Carrots Apples	Chicken Fajita with Peppers, Carrots, Onions and Celery Whole Wheat Tortilla Oranges	Vegetarian Lasagna (WG) with Tofu Green Beans Banana	Turkey Sloppy Joe with Whole Wheat Bun Steamed Carrots Strawberry Applesauce	Roasted Chicken Drumsticks Mashed Potatoes Fruit Crisp
12	13	14	15	16
Chicken Alfredo with Bowtie Pasta (WG) and Cauliflower Puree Peas and Carrots Apples	Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa Corn Oranges	Chicken Parmesan with Onions and Peppers Whole Wheat Bread Bananas	Enchilada Casserole with Black Beans, Rice and cheese Corn Berries and Yogurt	Beef Sliders w/ Lettuce and Tomato Whole Wheat Bun Roasted Potatoes Pear Crumble
19	20	21	22	23
Macaroni (WG) 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 (WG) with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with French Dressing Banana	BBQ Chicken Whole Wheat Bun Strawberry Applesauce Corn	Beef Chili with Veggies Cornbread Peach Crumble
26	27	28		
Creamy Pesto Sauce with Shell Pasta (WG) and Chicken Peas and Carrots Apples	Penne (WG) with Turkey Bolognese, Carrots, Celery and Onion Whole Wheat Bread Oranges	Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla Coleslaw Bananas		



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FareStart Lunch Menu:

March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Pot Pie With Peas, Carrots, and Biscuit Berries and Yogurt	2 Turkey Cheese Burgers Roasted Potatoes Apple Crumble Whole Wheat Bun
5 Macaroni (WG) and Cheese with Butternut Squash Puree Peas and Carrots Apples	6 Chicken Fajita with Peppers, Carrots, Onions and Celery Whole Wheat Tortilla Oranges	7 Vegetarian Lasagna (WG) with Tofu Green Beans Banana	8 Turkey Sloppy Joe with Whole Wheat Bun Steamed Carrots Strawberry Applesauce	9 Roasted Chicken Drumsticks Mashed Potatoes Fruit Crisp
12 Chicken Alfredo with Bowtie Pasta (WG) and Cauliflower Puree Peas and Carrots Apples	13 Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa Corn Oranges	14 Chicken Parmesan with Onions and Peppers Whole Wheat Bread Bananas	15 Enchilada Casserole with Black Beans, Rice and cheese Corn Berries and Yogurt	16 Beef Sliders w/ Lettuce and Tomato Whole Wheat Bun Roasted Potatoes Pear Crumble
19 Macaroni (WG) and Cheese with Butternut Squash Puree Peas and Carrots Apples	20 Chicken Curry with Carrots, Potatoes, Onions, and Yellow Squash Pita Oranges	21 Veggie Pizza on Pita Bread (WG) with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with French Dressing Banana	22 BBQ Chicken Whole Wheat Bun Strawberry Applesauce Corn	23 Beef Chili with Veggies Cornbread Peach Crumble
26 Creamy Pesto Sauce with Shell Pasta (WG) and Chicken Peas and Carrots Apples	27 Penne (WG) with Turkey Bolognese, Carrots, Celery and Onion Whole Wheat Bread Oranges	28 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla Coleslaw Bananas	29 Chicken Pot Pie With Peas, Carrots, and Biscuit Berries and Yogurt	30 Turkey Cheese Burgers Roasted Potatoes Apple Crumble Whole Wheat Bun



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FareStart Vegetarian Menu:

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Monday	Tuesday	Wednesday	Thursday	Friday
1 No Meal Delivery	2 Penne Pasta (WG) with Lentil Marinara, Carrots, Celery and Onions Whole Wheat Bread Oranges	3 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla Coleslaw Bananas	4 Veggie Pot Pie with Biscuit Peas and Carrots Berries and Yogurt	5 Pinto Bean Cheese Burgers Roasted Potatoes Apple Crumble Whole Wheat Bun
8 Macaroni (WG) and Cheese with Butternut Squash Puree Peas and Carrots Apples	9 Pinto Bean Fajita with Peppers, Carrots, Onion and Celery Whole Wheat Tortilla Oranges	10 Vegetarian Lasagna (WG) with Tofu Green Beans Banana	11 Veggie Sloppy Joe with Kidney Beans & Whole Wheat Bun Steamed Carrots Strawberry Applesauce	12 Chick Pea Curry with Tomatoes, Potatoes, and Onions Mashed Potatoes Whole Wheat Bread Fruit Crisp
15 No Meal Delivery	16 Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa Corn Oranges	17 Bean Trio Parmesan (white, red, pinto beans) Whole Wheat Bread Bananas	18 Enchilada Casserole with Black Beans, Rice and cheese Corn Berries and Yogurt	19 Pinto Bean Sliders Whole Wheat Roll Roasted Potatoes Pear Crumble
22 Macaroni (WG) and Cheese with Butternut Squash Puree Peas and Carrots Apples	23 Chick Pea Curry with Carrots, Potatoes, Onions, and Yellow Squash Pita (WG) Oranges	24 Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with French Dressing Banana	25 BBQ Beans Whole Wheat Bun Strawberry Applesauce	26 Veggie Chili with Quinoa and Beans Cornbread Peach Crumble
29 Creamy Pesto Sauce with Shell Pasta (WG) and White Beans Peas and Carrots Apples	30 Penne Pasta (WG) with Lentil Marinara, Carrots, Celery and Onions Whole Wheat Bread Oranges	31 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla Coleslaw Bananas		



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			1 Veggie Pot Pie with Biscuit Peas and Carrots Berries and Yogurt	2 Pinto Bean Cheese Burgers Roasted Potatoes Apple Crumble Whole Wheat Bun
5 Macaroni (WG) and Cheese with Butternut Squash Puree Peas and Carrots Apples	6 Pinto Bean Fajita with Peppers, Carrots, Onion and Celery Whole Wheat Tortilla Oranges	7 Vegetarian Lasagna (WG) with Tofu Green Beans Banana	8 Veggie Sloppy Joe with Kidney Beans & Whole Wheat Bun Steamed Carrots Strawberry Applesauce	9 Chick Pea Curry with Tomatoes, Potatoes, and Onions Mashed Potatoes Whole Wheat Bread Fruit Crisp
12 White Bean Alfredo with Bowtie Pasta (WG) and Cauliflower Puree Peas and Carrots Apples	13 Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa Corn Oranges	14 Bean Trio Parmesan (white, red, pinto beans) Whole Wheat Bread Bananas	15 Enchilada Casserole with Black Beans, Rice and cheese Corn Berries and Yogurt	16 Pinto Bean Sliders Whole Wheat Roll Roasted Potatoes Pear Crumble
19 Macaroni (WG) and Cheese with Butternut Squash Puree Peas and Carrots Apples	20 Chick Pea Curry with Carrots, Potatoes, Onions, and Yellow Squash Pita (WG) Oranges	21 Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with French Dressing Banana	22 BBQ Beans Whole Wheat Bun Strawberry Applesauce	23 Veggie Chili with Quinoa and Beans Cornbread Peach Crumble
26 Creamy Pesto Sauce with Shell Pasta (WG) and White Beans Peas and Carrots Apples	27 Penne Pasta (WG) with Lentil Marinara, Carrots, Celery and Onions Whole Wheat Bread Oranges	28 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla Coleslaw Bananas		



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			1 Veggie Pot Pie with Biscuit Peas and Carrots Berries and Yogurt	2 Pinto Bean Cheese Burgers Roasted Potatoes Apple Crumble Whole Wheat Bun
5 Macaroni (WG) and Cheese with Butternut Squash Puree Peas and Carrots Apples	6 Pinto Bean Fajita with Peppers, Carrots, Onion and Celery Whole Wheat Tortilla Oranges	7 Vegetarian Lasagna (WG) with Tofu Green Beans Banana	8 Veggie Sloppy Joe with Kidney Beans & Whole Wheat Bun Steamed Carrots Strawberry Applesauce	9 Chick Pea Curry with Tomatoes, Potatoes, and Onions Mashed Potatoes Whole Wheat Bread Fruit Crisp
12 White Bean Alfredo with Bowtie Pasta (WG) and Cauliflower Puree Peas and Carrots Apples	13 Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa Corn Oranges	14 Bean Trio Parmesan (white, red, pinto beans) Whole Wheat Bread Bananas	15 Enchilada Casserole with Black Beans, Rice and cheese Corn Berries and Yogurt	16 Pinto Bean Sliders Whole Wheat Roll Roasted Potatoes Pear Crumble
19 Macaroni (WG) and Cheese with Butternut Squash Puree Peas and Carrots Apples	20 Chick Pea Curry with Carrots, Potatoes, Onions, and Yellow Squash Pita Oranges	21 Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with French Dressing Banana	22 BBQ Beans Whole Wheat Bun Strawberry Applesauce	23 Veggie Chili with Quinoa and Beans Cornbread Peach Crumble
26 Creamy Pesto Sauce with Shell Pasta (WG) and White Beans Peas and Carrots Apples	27 Penne Pasta (WG) with Lentil Marinara, Carrots, Celery and Onions Whole Wheat Bread Oranges	28 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla Coleslaw Bananas	29 Veggie Pot Pie with Biscuit Peas and Carrots Berries and Yogurt	30 Pinto Bean Cheese Burgers Roasted Potatoes Apple Crumble Whole Wheat Bun



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FareStart Allergen-Free Menu: January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 No Meal Delivery	2 Rice with Turkey Bolognese, Carrots, Celery, and Onion Corn Tortilla Oranges	3 Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Corn Tortilla Coleslaw Bananas	4 Chicken Pot Pie With Rice, Peas, and Carrots Mixed Berries	5 Turkey Burgers Corn Tortilla Roasted Potatoes Apple Compote
8 Rice and Beans with Diced Butternut Squash Peas and Carrots Apples	9 Chicken Fajita with Peppers, Carrots, Onions and Celery Corn Tortilla Oranges	10 Vegetarian Lasagna with Corn Tortilla and White Beans Green Beans Banana	11 Turkey Sloppy Joe with Corn Tortillas Steamed Carrots Strawberry Applesauce	12 Roasted Chicken Drumsticks Mashed Potatoes Corn Tortilla Fruit Compote
15 No Meal Delivery	16 Hand-Rolled Bean and Rice Burrito on Corn Tortilla w/ Mild Salsa Corn Oranges	17 Chicken Parmesan with Onions and Peppers Corn Tortilla Bananas	18 Enchilada Casserole with Black Beans and Rice Corn Berries and Yogurt	19 Beef Sliders w/ Lettuce and Tomato Corn Tortilla Roasted Potatoes Fruit Compote
22 Rice and Beans with Diced Butternut Squash Peas and Carrots Apples	23 Chicken Curry with Carrots, Potatoes, Onions, and Yellow Squash Corn Tortilla Oranges	24 Veggie Pizza on Corn Tortillas w/ Chopped Greens, White Beans and Tomato Sauce Mixed Green Salad with French Dressing Banana	25 BBQ Chicken Corn Tortilla Strawberry Applesauce	26 Beef Chili Corn Tortilla Peach Compote
29 Chicken and Rice with Pesto Sauce Peas and Carrots Apples	30 Rice with Turkey Bolognese, Carrots, Celery, and Onion Corn Tortilla Oranges	31 Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Corn Tortilla Coleslaw Bananas		



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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Pot Pie With Rice, Peas, and Carrots Mixed Berries	2 Turkey Burgers Corn Tortilla Roasted Potatoes Apple Compote
5	6	7	8	9
Rice and Beans with Diced Butternut Squash Peas and Carrots Apples	Chicken Fajita with Peppers, Carrots, Onions and Celery Corn Tortilla Oranges	Vegetarian Lasagna with Corn Tortilla and White Beans Green Beans Banana	Turkey Sloppy Joe with Corn Tortillas Steamed Carrots Strawberry Applesauce	Roasted Chicken Drumsticks Mashed Potatoes Corn Tortilla Fruit Compote
12	13	14	15	16
Chicken and Rice with Dairy-Free Cauliflower Puree Peas and Carrots Apples	Hand-Rolled Bean and Rice Burrito on Corn Tortilla w/ Mild Salsa Corn Oranges	Chicken Parmesan with Onions and Peppers Corn Tortilla Bananas	Enchilada Casserole with Black Beans and Rice Corn Berries and Yogurt	Beef Sliders w/ Lettuce and Tomato Corn Tortilla Roasted Potatoes Fruit Compote
19	20	21	22	23
Rice and Beans with Diced Butternut Squash Peas and Carrots Apples	Chicken Curry with Carrots, Potatoes, Onions, and Yellow Squash Corn Tortilla Oranges	Veggie Pizza on Corn Tortillas w/ Chopped Greens, White Beans and Tomato Sauce Mixed Green Salad with French Dressing Banana	BBQ Chicken Corn Tortilla Strawberry Applesauce	Beef Chili Corn Tortilla Peach Compote
26	27	28		
Chicken and Rice with Pesto Sauce Peas and Carrots Apples	Rice with Turkey Bolognese, Carrots, Celery, and Onion Corn Tortilla Oranges	Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Corn Tortilla Coleslaw Bananas		



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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Pot Pie With Rice, Peas, and Carrots Mixed Berries	2 Turkey Burgers Corn Tortilla Roasted Potatoes Apple Compote
5 Rice and Beans with Diced Butternut Squash Peas and Carrots Apples	6 Chicken Fajita with Peppers, Carrots, Onions and Celery Corn Tortilla Oranges	7 Vegetarian Lasagna with Corn Tortilla and White Beans Green Beans Banana	8 Turkey Sloppy Joe with Corn Tortillas Steamed Carrots Strawberry Applesauce	9 Roasted Chicken Drumsticks Mashed Potatoes Corn Tortilla Fruit Compote
12 Chicken and Rice with Dairy-Free Cauliflower Puree Peas and Carrots Apples	13 Hand-Rolled Bean and Rice Burrito on Corn Tortilla w/ Mild Salsa Corn Oranges	14 Chicken Parmesan with Onions and Peppers Corn Tortilla Bananas	15 Enchilada Casserole with Black Beans and Rice Corn Berries and Yogurt	16 Beef Sliders w/ Lettuce and Tomato Corn Tortilla Roasted Potatoes Fruit Compote
19 Rice and Beans with Diced Butternut Squash Peas and Carrots Apples	20 Chicken Curry with Carrots, Potatoes, Onions, and Yellow Squash Corn Tortilla Oranges	21 Veggie Pizza on Corn Tortillas w/ Chopped Greens, White Beans and Tomato Sauce Mixed Green Salad with French Dressing Banana	22 BBQ Chicken Corn Tortilla Strawberry Applesauce	23 Beef Chili Corn Tortilla Peach Compote
26 Chicken and Rice with Pesto Sauce Peas and Carrots Apples	27 Rice with Turkey Bolognese, Carrots, Celery, and Onion Corn Tortilla Oranges	28 Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Corn Tortilla Coleslaw Bananas	29 Chicken Pot Pie With Rice, Peas, and Carrots Mixed Berries	30 Turkey Burgers Corn Tortilla Roasted Potatoes Apple Compote



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FareStart Breakfast Menu: January 2018

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



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			1	2
5 Cheerios and Peaches	6 Oatmeal and Pears	7 Homemade Pumpkin Muffins and Cantaloupe	8 Homemade Coffee Cake and Bananas	9 Whole Wheat Bread, Hard-Boiled Egg and Applesauce
12 Rice Chex and Mandarin Oranges	13 Oatmeal and Peaches	14 Homemade Morning Glory Muffin and Banana	15 Hard Boiled Egg, Pears and Whole Wheat Bread	16 Homemade Banana Muffins and Mixed Berries
19 Cheerios and Peaches	20 Oatmeal and Pears	21 Homemade Pumpkin Muffins and Cantaloupe	22 Homemade Coffee Cake and Bananas	23 Whole Wheat Bread, Hard-Boiled Egg and Applesauce
26 Rice Chex and Mandarin Oranges	27 Oatmeal and Peaches	28 Homemade Morning Glory Muffin and Banana		



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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hard Boiled Egg, Pears and Whole Wheat Bread	2 Homemade Banana Muffins and Mixed Berries
5 Cheerios and Peaches	6 Oatmeal and Pears	7 Homemade Pumpkin Muffins and Cantaloupe	8 Homemade Coffee Cake and Bananas	9 Whole Wheat Bread, Hard-Boiled Egg and Applesauce
12 Rice Chex and Mandarin Oranges	13 Oatmeal and Peaches	14 Homemade Morning Glory Muffin and Banana	15 Hard Boiled Egg, Pears and Whole Wheat Bread	16 Homemade Banana Muffins and Mixed Berries
19 Cheerios and Peaches	20 Oatmeal and Pears	21 Homemade Pumpkin Muffins and Cantaloupe	22 Homemade Coffee Cake and Bananas	23 Whole Wheat Bread, Hard-Boiled Egg and Applesauce
26 Rice Chex and Mandarin Oranges	27 Oatmeal and Peaches	28 Homemade Morning Glory Muffin and Banana	29 Hard Boiled Egg, Pears and Whole Wheat Bread	30 Homemade Banana Muffins and Mixed Berries



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FareStart Sack Lunch Menu: January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 No Meal Delivery	2 Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit	3 Cheddar Cheese Sandwich (WW Bread) Celery Sticks Seasonal Fruit	4 Chicken Salad Whole Wheat Crackers Cheese Stick Celery Sticks Seasonal Fruit	5 Roast Beef on Whole Wheat Bun With lettuce and Tomato Seasonal Fruit
8 Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit	9 Turkey Sandwich WW Animal Crackers Carrots and Celery Sticks Seasonal Fruit	10 Hard Boiled Egg Cheese Stick Animal Crackers Celery Seasonal Fruit	11 Turkey Banh Mi with Carrots and Lettuce on Hoagie Seasonal fruit	12 Pasta Turkey Salad Vegetarian: Pasta Salad with Cheese Seasonal Fruit
15 No Meal Delivery	16 Chicken Sandwich (WW Bun) with Lettuce and Tomato Seasonal Fruit	17 Cheddar Cheese Sandwich (WW Bread) Celery Sticks Seasonal Fruit	18 Chicken Salad Wrap (WW Wrap) Vegetarian: Bean Salad Wrap (WW Wrap) Seasonal Fruit	19 Egg Salad Whole Wheat Crackers Cheese Stick Carrot Sticks Seasonal Fruit
22 Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit	23 Hummus Pita Cucumber Slices Seasonal Fruit	24 Turkey Banh Mi with Carrots and Lettuce on Hoagie Seasonal fruit	25 Turkey Sandwich (WW Bread) With Lettuce and Tomato Seasonal Fruit	26 Asian Pasta Salad with Chicken Vegetarian: Pasta Salad with White Beans Seasonal Fruit
29 Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit	30 Turkey and Provolone Hoagie Vegetarian: Hoagie with Provolone Cucumber Slices Seasonal Fruit	31 Cheddar Cheese Sandwich (WW Bread) Celery Sticks Seasonal Fruit		



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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Salad Whole Wheat Crackers Cheese Stick Celery Sticks Seasonal Fruit	2 Roast Beef on Whole Wheat Bun With lettuce and Tomato Seasonal Fruit
5	6	7	8	9
Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit	Turkey Sandwich WW Animal Crackers Carrots and Celery Sticks Seasonal Fruit	Hard Boiled Egg Cheese Stick Animal Crackers Celery Seasonal Fruit	Turkey Banh Mi with Carrots and Lettuce on Hoagie Seasonal fruit	Pasta Turkey Salad Vegetarian: <i>Pasta Salad with Cheese</i> Seasonal Fruit
12	13	14	15	16
Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit	Chicken Sandwich (WW Bun) with Lettuce and Tomato Seasonal Fruit	Cheddar Cheese Sandwich (WW Bread) Celery Sticks Seasonal Fruit	Chicken Salad Wrap (WW Wrap) Vegetarian: <i>Bean Salad Wrap (WW Wrap)</i> Seasonal Fruit	Egg Salad Whole Wheat Crackers Cheese Stick Carrot Sticks Seasonal Fruit
19	20	21	22	23
Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit	Hummus Pita Cucumber Slices Seasonal Fruit	Turkey Banh Mi with Carrots and Lettuce on Hoagie Seasonal fruit	Turkey Sandwich (WW Bread) With Lettuce and Tomato Seasonal Fruit	Asian Pasta Salad with Chicken Vegetarian: <i>Pasta Salad with White Beans</i> Seasonal Fruit
26	27	28		
Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit	Turkey and Provolone Hoagie Vegetarian: <i>Hoagie with Provolone</i> Cucumber Slices Seasonal Fruit	Cheddar Cheese Sandwich (WW Bread) Celery Sticks Seasonal Fruit		



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			1	2
			Chicken Salad Whole Wheat Crackers Cheese Stick Celery Sticks Seasonal Fruit	Roast Beef on Whole Wheat Bun With lettuce and Tomato Seasonal Fruit
5	6	7	8	9
Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit	Turkey Sandwich WW Animal Crackers Carrots and Celery Sticks Seasonal Fruit	Hard Boiled Egg Cheese Stick Animal Crackers Celery Seasonal Fruit	Turkey Banh Mi with Carrots and Lettuce on Hoagie Seasonal fruit	Pasta Turkey Salad Vegetarian: Pasta Salad with Cheese Seasonal Fruit
12	13	14	15	16
Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit	Chicken Sandwich (WW Bun) with Lettuce and Tomato Seasonal Fruit	Cheddar Cheese Sandwich (WW Bread) Celery Sticks Seasonal Fruit	Chicken Salad Wrap (WW Wrap) Vegetarian: Bean Salad Wrap (WW Wrap) Seasonal Fruit	Egg Salad Whole Wheat Crackers Cheese Stick Carrot Sticks Seasonal Fruit
19	20	21	22	23
Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit	Hummus Pita Cucumber Slices Seasonal Fruit	Turkey Banh Mi with Carrots and Lettuce on Hoagie Seasonal fruit	Turkey Sandwich (WW Bread) With Lettuce and Tomato Seasonal Fruit	Asian Pasta Salad with Chicken Vegetarian: Pasta Salad with White Beans Seasonal Fruit
26	27	28	29	30
Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit	Turkey and Provolone Hoagie Vegetarian: Hoagie with Provolone Cucumber Slices Seasonal Fruit	Cheddar Cheese Sandwich (WW Bread) Celery Sticks Seasonal Fruit	Chicken Salad Whole Wheat Crackers Cheese Stick Celery Sticks Seasonal Fruit	Roast Beef on Whole Wheat Bun With lettuce and Tomato Seasonal Fruit



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



FARESTART

FareStart's menu changes seasonally and focuses on fresh, seasonal produce.

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 Snack Menu:

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pita (WG) and Hummus	2 Whole Wheat Bagel and Bananas
5 Provolone Cheese and Whole Wheat Crackers	6 Hard-Boiled Egg and Fresh Melons	7 Vanilla Yogurt and Melons	8 Hummus, Carrot Sticks, and Celery Sticks	9 Turkey Slices and Whole Wheat Crackers
12 String Cheese and Whole Wheat Crackers	13 Berries & Yogurt and Whole Wheat Bread	14 Cheddar Cheese, Carrots, and Celery Sticks	15 Pita (WG) and Hummus	16 Whole Wheat Bagel and Bananas
19 Provolone Cheese and Whole Wheat Crackers	20 Hard-Boiled Egg and Fresh Melons	21 Vanilla Yogurt and Melons	22 Hummus, Carrot Sticks, and Celery Sticks	23 Turkey Slices and Whole Wheat Crackers
26 String Cheese and Whole Wheat Crackers	27 Berries & Yogurt and Whole Wheat Bread	28 Cheddar Cheese, Carrots, and Celery Sticks		



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Great Food. Better Lives.

FareStart Snack Menu:

March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pita (WG) and Hummus	2 Whole Wheat Bagel and Bananas
5 Provolone Cheese and Whole Wheat Crackers	6 Hard-Boiled Egg and Fresh Melons	7 Vanilla Yogurt and Melons	8 Hummus, Carrot Sticks, and Celery Sticks	9 Turkey Slices and Whole Wheat Crackers
12 String Cheese and Whole Wheat Crackers	13 Berries & Yogurt and Whole Wheat Bread	14 Cheddar Cheese, Carrots, and Celery Sticks	15 Pita (WG) and Hummus	16 Whole Wheat Bagel and Bananas
19 Provolone Cheese and Whole Wheat Crackers	20 Hard-Boiled Egg and Fresh Melons	21 Vanilla Yogurt and Melons	22 Hummus, Carrot Sticks, and Celery Sticks	23 Turkey Slices and Whole Wheat Crackers
26 String Cheese and Whole Wheat Crackers	27 Berries & Yogurt and Whole Wheat Bread	28 Cheddar Cheese, Carrots, and Celery Sticks	29 Pita (WG) and Hummus	30 Whole Wheat Bagel and Bananas



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