

FareStart Community Meals Menu: May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>B: Bagel, Cream Cheese, Cottage Cheese, Fruit</p> <p>L: Stir Fry Noodles & Sausage, Cucumber Salad, Fruit</p> <p>D: Chicken Pad Thai , Seasonal Greens with Dressing and Mixed Vegetables</p>	<p>B: Muffin, Yogurt, & Fruit</p> <p>L: Pork Patty & Cheddar Sandwich, Asian Noodle Salad, Fruit</p> <p>D: Chocoroute, Pork, Potato & Cabbage, Seasonal Greens with Dressing and Mixed Vegetables</p>	<p>B: Breakfast Sandwich & Fruit, String Cheese</p> <p>L: Turkey Ham & Swiss Sandwich, Chex Mix, Fruit</p> <p>D: Sweet & Sour Chicken, Assorted Vegetables & Salad with Dressing</p>	<p>B: Yogurt Parfait, Ham, & Fruit</p> <p>L:Pasta Napolitan, Broccoli Salad, Fruit</p> <p>D: Aloo Gobi, Assorted Vegetable and Seasonal Salad with Dressing</p>	<p>B: Frittata, Potatoes O'Brien, & Fruit</p> <p>L: Pepperoni Burrito, Barley Salad, Fruit</p> <p>D: Stuffed Peppers, Assorted Vegetables, Seasonal Salad with Dressing</p>	<p>B: Coffeecake, Cottage Cheese, Ham, & Fruit</p> <p>L: Peanut Butter & Jelly, Lentil Salad, Fruit</p> <p>D: Spaghetti & Meatballs, Assorted Vegetables, Seasonal Salad</p>	<p>B: Quiche, Cereal, & Fruit</p> <p>L: Chicken Caesar Salad, Potato Salad, Fruit</p> <p>D: Pad Thai, Assorted Vegetables & Seasonal salad with dressing</p>
8	9	10	11	12	13	14
<p>B: Bagel, Cream Cheese, Hardboiled Egg, Fruit</p> <p>L: Chow Mein, Carrot Salad, Fruit</p> <p>D: Pesto Chicken, Assorted Vegetables, Seasonal Salad with Dressing</p>	<p>B: Baked French Toast, Sausage, & Fruit</p> <p>L: Pork Patty & Cheddar Sandwich, Pasta Salad, Fruit</p> <p>D: Hot Dog Choucroute , Seasonal Vegetables & Fruit</p>	<p>B: Cheddar Scone, Cottage Cheese, & Fruit</p> <p>L: Turkey & Swiss Cheese Sandwich, Coleslaw, Fruit</p> <p>D: Chicken Fried Rice, Stir Fry Veg, & Seasonal Salad with Dressing</p>	<p>B: Oatmeal with Toppings, Hardboiled Egg, & Fruit</p> <p>L: Pizza Pasta, Provencal Zucchini Salad, Fruit</p> <p>D: Chicken Divan , Mixed Vegetable, Seasonal Salad with Dressing</p>	<p>B: Breakfast Burrito, String Cheese, & Fruit</p> <p>L: Turkey Burrito, Three Bean Salad, Fruit</p> <p>D: Pan Roasted Black Cod, Assorted Vegetables and Seasonal Salad</p>	<p>B: Yogurt Parfaits, Quick Bread, & Fruit</p> <p>L:Peanut Butter & Jelly Sandwich Corn Succotash, Fruit</p> <p>D: Chana Masala , Assorted Vegetables, Seasonal Salad with Dressing</p>	<p>B: Apple Crisp, Bacon & Fruit</p> <p>L: Chicken Caesar Salad, Cous Cous Salad, Fruit</p> <p>D: Chicken Francaise, Assorted Vegetables and Seasonal Salad with Dressing</p>
15	16	17	18	19	20	21
<p>B: Bagel, Cream Cheese, Cottage Cheese, Fruit</p> <p>L: Yakisoba, Carrot Salad, Fruit</p> <p>D: Vegetable Alfredo, Assorted Vegetables, Seasonal Salad with Dressing</p>	<p>B: Muffin, Yogurt, & Fruit</p> <p>L: Pork Patty & Cheddar Sandwich, Cucumber Salad , Fruit</p> <p>D: Bean and Cheese Fiesta Bowl, Assorted Vegetable sand Seasonal Salad with Dressing</p>	<p>B: Breakfast Sandwich & Fruit, String Cheese</p> <p>L: Turkey/Ham and Swiss Sandwich, Chex Mix, Fruit</p> <p>D: Sweet & Sour Chicken, Assorted Vegetables, Seasonal Salad with dressing</p>	<p>B: Yogurt Parfait, Ham, & Fruit</p> <p>L: Antipasti, Broccoli Salad & Fruit</p> <p>D: Aloo Gobi, Assorted Vegetables and Seasonal Salad with Dressing</p>	<p>B: Frittata, Potatoes O'Brien, & Fruit</p> <p>L:Bean Burrito, Barley Salad & Fruit</p> <p>D: Stuffed Peppers, Assorted Vegetables, Seasonal Salad with Dressing</p>	<p>B: Coffeecake, Cottage Cheese, Fruit</p> <p>L: Peanut Butter and Jelly sandwich, Lentil Salad & Fruit</p> <p>D: Spaghetti & Meatballs, Assorted Vegetables and Seasonal Salad with Dressing</p>	<p>B: Quiche, Cereal ,Fruit</p> <p>L: Chicken Caesar Salad, Potato Salad & Fruit</p> <p>D: Pad Thai, Assorted Vegetables and Seasonal Salad with Dressing</p>
22	23	24	25	26	27	28
<p>B: Bagel w/ Toppings, Hardboiled Egg, & Fruit</p> <p>L: Pan Asian Noodle, Carrot Salad, Fruit</p> <p>D: Pesto Chicken, Assorted Vegetables and Seasonal salad with Dressing</p>	<p>B: Baked French Toast, Yogurt, Fruit</p> <p>L:Pork Patty & Cheddar Sandwich, Pasta Salad & Fruit</p> <p>D: Chicken Creole, Assorted Vegetables, Seasonal Salad with Dressing</p>	<p>B: Cheddar Scone, Cottage Cheese, & Fruit</p> <p>L: Turkey & Swiss Sandwich, Coleslaw, Fruit</p> <p>D: Chicken Fried Rice, Assorted Vegetables, Seasonal Salad with Dressing</p>	<p>B: Oatmeal with Toppings, Hardboiled Egg, & Fruit</p> <p>L: Picadillo, Provencal Zucchini Salad & Fruit</p> <p>D: Chicken Divan, Assorted Vegetables and Seasonal Salad with Dressing</p>	<p>B: Breakfast Burrito, String Cheese, & Fruit</p> <p>L:Fish Burrito , Three Bean Salad, Fruit</p> <p>D: Pan roasted Black Cod Dijonnaise, Assorted Vegetables and Seasonal Salad with Dressing</p>	<p>B: Yogurt Parfaits, Quick Bread, & Fruit</p> <p>L:Peanut Butter & Jelly Sandwich, Corn Succotash & Fruit</p> <p>D: Chana Masala, Assorted Vegetables and Seasonal Salad with Dressing</p>	<p>B: Apple Crisp, Bacon, Fruit</p> <p>L: Chicken Caesar Salad, Cous Cous Salad, Fruit</p> <p>D: Chicken Cacciatore, Assorted Vegetables Seasonal Salad with Dressing</p>
29	30	31				
<p>B: Bagel, Cream Cheese, Hard Boiled Egg, Fruit</p> <p>L: Lo Mein, Barley Salad, Fruit</p> <p>D: Vegetable Alfredo, Assorted Vegetables, Seasonal Salad with Dressing</p>	<p>B: Muffin, Yogurt, Fruit</p> <p>L: Pork Patty & Cheddar Sandwich, Cucumber Salad & Fruit</p> <p>D: Bean and Cheese Fiesta Bowl, Assorted Vegetables and Seasonal Salad with Dressing</p>	<p>B: Breakfast Sandwich, String Cheese & Fruit</p> <p>L: Turkey/ Ham and Swiss Sandwich, Coleslaw, Fruit</p> <p>D: Sweet & Sour Chicken, Assorted Vegetables, Seasonal Salad</p>				

Menu items subject to change based on availability, food recovery and/or gleaning opportunities. Some menu items may contain nuts.

** Sack lunches will receive lunch menu except days with soup, on these days sack lunches will receive a vegetable instead.**