

FareStart Community Meals Menu: July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				B: Muffin, Yogurt, Fruit L: Black Bean Taco Salad, Seasonal Fruit, Whole Grain Crackers D: Chicken Pot Pie, Whole Wheat Biscuit, Strawberry Applesauce	B: Breakfast Sandwich, String Cheese, Fruit L: Asian Chicken Salad, Whole Grain Crackers, Seasonal Fruit D: Turkey Sloppy Joe on Whole Wheat Bun, Peas & Carrots, Strawberry Applesauce	B: Frittata, Potatoes O'Brien, Fruit L: Breaded Chicken Sandwich, Potato Salad, Fruit D: Braised Beef & Potato Salad, Assorted Vegetables, Seasonal Salad with Dressing
4	5	6	7	8	9	10
B: Coffeecake, Cottage Cheese, Ham, Fruit L: Egg Salad Sandwich, Chex Mix, Fruit D: Chana Masala, Assorted Vegetables, Seasonal Salad with Dressing	B: Quiche, Fruit L: Yogurt, Cheese Stick, Variety Muffin, Carrots, Seasonal Fruit, Whole Wheat Crackers D: BBQ Chicken Sandwich on Whole Wheat Bun, Peas & Carrots, Oranges	B: Bagel, Cream Cheese, Hardboiled Egg, Fruit L: Cheese Quesadilla on Whole Wheat Tortilla, Seasonal Fruit, Veggie Pack D: Black Bean Fajitas on Corn Tortilla, Green Beans, Oranges	B: Baked French Toast, Sausage, Fruit L: Roast Turkey with Cranberry Sauce on Wheat Bread, Seasonal Fruit, Veggie Pack D: Macaroni & Cheese with Butternut Squash Puree, Green Beans, Apples	B: Cheddar Scone, Cottage Cheese, Fruit L: Chicken Caesar Salad, Whole Grain Crackers, Cheese Stick, Seasonal Fruit D: Chicken Meatballs in Tomato Basil Sauce on Penne Pasta, Steamed Carrots, Berries & Yogurt	B: Oatmeal with Toppings, Hardboiled Egg, Fruit L: Pita Pizza, Veggie Pack, Seasonal Fruit, Cheese Stick D: Enchilada Casserole, Peas & Carrots, Pear Crumble	B: Breakfast Burrito, String Cheese, Fruit L: BBQ Chicken Salad Sandwich, Chex Mix, Fruit D: Chana Masala, Assorted Vegetables, Seasonal Salad with Dressing
11	12	13	14	15	16	17
B: Yogurt Parfait, Quick Bread, Fruit L: Pastrami & Swiss Cheese Sandwich, Cucumber Salad, Fruit D: Sweet & Sour Chicken, Assorted Vegetables, Seasonal Salad	B: Apple Crisp, Bacon, Fruit L: Yogurt, Cheese Stick, Variety Muffin, Carrots, Seasonal Fruit, Whole Wheat Crackers D: White Bean Curry Stew, Peas & Carrots, Oranges	B: Bagel, Cream Cheese, Cottage Cheese, Fruit L: Herbed Hummus & Cheddar on Whole Grain Bun, Seasonal Fruit, Veggie Pack D: Cheese Quesadilla on Whole Wheat Tortilla, Seasonal Fruit, Veggie Pack	B: Muffin, Yogurt, Fruit L: Chicken Meatball Sandwich on Whole Wheat Bun, Cheese Stick, Veggie Pack, Seasonal Fruit D: Roast Chicken Drumsticks with Whole Wheat Bread, Green Beans, Bananas	B: Breakfast Sandwich, String Cheese, Fruit L: Turkey & Cheddar, Assorted Vegetables, Seasonal Fruit D: Grilled Cheese with Caramelized Onions on Pita, Steamed Carrots, Strawberry Applesauce	B: Yogurt Parfait, Ham, Fruit L: Black Bean Fajita Salad with Whole Grain Crackers, Cheese Stick, Seasonal Fruit D: Vegetarian Lasagna, Corn, Apple Crumble	B: Frittata, Potatoes O'Brien, Fruit L: Imitation Crab Salad Sandwich, Corn Succotash, Fruit D: Pesto Chicken, Assorted Vegetables, Seasonal Salad with Dressing
18	19	20	21	22	23	24
B: Coffeecake, Cottage Cheese, Fruit L: Meatloaf Sandwich, Carrot Salad, Fruit D: Pesto Chicken, Assorted Vegetables, Seasonal Salad with Dressing	B: Quiche, Fruit L: Yogurt, Cheese Stick, Variety Muffin, Carrots, Seasonal Fruit, Whole Wheat Crackers D: Chicken Meatballs in Tomato Basil Sauce on Penne Pasta, Steamed Carrots, Apples	B: Bagel with Toppings, Hardboiled Egg, Fruit L: Turkey Banh Mi on Whole Grain Bun, Seasonal Fruit, Veggie Pack D: Macaroni & Cheese with Butternut Squash Puree, Peas & Carrots, Oranges	B: Baked French Toast, Yogurt, Fruit L: Egg Salad with Whole Grain Crackers, Cheese Stick, Veggie Pack, Seasonal Fruit D: White Bean Corn Chili on Whole Wheat Bun, Green Beans, Bananas	B: Cheddar Scone, Cottage Cheese, Fruit L: Black Bean Taco Salad, Seasonal Fruit, Whole Grain Crackers D: Veggie Pizza on Pita Bread, Mixed Green Salad with French Dressing, Berries & Yogurt	B: Oatmeal with Toppings, Hardboiled Egg, Fruit L: Chicken Caesar Salad, Whole Grain Crackers, Cheese Stick, Seasonal Fruit D: Black Bean Sliders on Whole Wheat Bun with Lettuce & Tomato, Peach Crumble	B: Breakfast Burrito, String Cheese, Fruit L: Roast Beef & Cheddar Sandwich, Coleslaw, Fruit D: Chicken Fried Rice, Assorted Vegetables, Seasonal Salad with Dressing
25	26	27	28	29	30	31
B: Yogurt Parfait, Quick Bread, Fruit L: Breaded Chicken Sandwich, Three Bean Salad, Fruit D: Chicken Cacciatore, Assorted Vegetables, Seasonal Salad with Dressing	B: Bagel, Cream Cheese, Hard Boiled Egg, Fruit L: Yogurt, Cheese Stick, Variety Muffin, Carrots, Seasonal Fruit, Whole Wheat Crackers D: Tomato Vegetarian Curry, Pita, Apples	B: Muffin, Yogurt, Fruit L: Imitation Crab Salad Sandwich, Corn Succotash, Fruit D: Grilled Cheese with Caramelized Onions on Pita, Steamed Carrots, Strawberry Applesauce	B: Apple Crisp, Bacon, Fruit L: Roast Turkey with Cranberry Sauce on Wheat Bread, Seasonal Fruit, Veggie Pack D: Enchilada Casserole with Black Beans & Rice & Cheese	B: Bagel, Cream Cheese, Hard Boiled Egg, Fruit L: Asian Chicken Salad, Whole Grain Crackers, Seasonal Fruit D: Chicken Pot Pie, Whole Wheat Biscuit, Strawberry Applesauce	B: Muffin, Yogurt, Fruit L: Chickpea Greek Salad with Oregano Vinaigrette, Seasonal Fruit, Whole Grain Crackers D: Turkey Sloppy Joe on Whole Wheat Bun, Peas & Carrots, Fruit Crumble	B: Breakfast Sandwich, String Cheese, Fruit L: Meatloaf Sandwich, Carrot Salad, Fruit D: Pesto Chicken, Assorted Vegetables, Seasonal Salad with Dressing

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 those days sack lunches will receive a vegetable instead. **