

Farestart Community Meals Menu: October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					B: House Made Granola, Greek Yogurt, Fruit L: Garden Herb Chicken Sandwich, German Potato Salad, Fruit D: Butternut Squash Mac & Cheese w/ Chicken Apple Meatballs, Asst. Vegetables, Seasonal Salad w/ Dressing	B: Breakfast Burrito, String Cheese, Fruit L: Tuna Salad Sandwich, Ginger Lemon Coleslaw, Fruit D: Gyro on Pita w/ Tzatziki, Asst. Vegetables, Seasonal Salad w/ Dressing
3	4	5	6	7	8	9
B: Hardboiled Egg, Croissant, Sausage, Fruit L: Italian Grinder Sandwich, Italian Pasta Salad, Fruit D: Rosemary Chicken w/ Lemony Roasted Potatoes, Vegetables, Seasonal Salad w/ Dressing	B: Asst. Cereal, Milk, Mini Muffin, Fruit L: Chunky Bean Spread Sandwich, Brown Rice Salad, Fruit D: Curried Millet w/ Chickpeas & Raisins, Asst. Vegetables, Seasonal Salad w/ Dressing	B: Bagel, Cream Cheese, Cottage Cheese, Fruit L: Lemon Sage Pulled Turkey Salad Sandwich, Broccoli Salad, Fruit D: Tacos – Ground Beef Taco Filling, Asst. Toppings & Shell, Roasted Corn, Seasonal Salad w/ Dressing	B: Muffin, Yogurt, Fruit L: Roast Beef & Cheddar Sandwich, Green Bean Salad, Fruit D: Balsamic Glazed Chicken w/ Roasted Root Vegetables & Rice, Seasonal Salad w/ Dressing	B: Breakfast Sandwich, String Cheese, Fruit L: Black Bean Hummus & Veggie Wrap, Chipotle Potato Salad, Fruit D: Chicken Tenders w/ BBQ Macaroni, Asst. Vegetables, Seasonal Salad w/ Dressing	B: Strata, Ham, Fruit L: Meatloaf Sandwich, Cold Mac & Cheese Salad, Fruit D: Roasted Honey Mustard Turkey & Rice Asst. Vegetables, Seasonal Salad w/ Dressing	B: Frittata, Potatoes O'Brien, Fruit L: Smoked Brisket Sandwich, Coleslaw, Fruit D: Chimichurri Chicken w/ Rice Asst. Vegetables, Seasonal Salad w/ Dressing
10	11	12	13	14	15	16
B: English Muffin, Cottage Cheese, Fruit L: Breaded Chicken Caprese Sandwich, Corn Salad w/ Smoky Tomato Vinaigrette, Fruit D: Red Thai Curry w/ Jasmine Rice, Asst. Vegetables, Seasonal Salad w/ Dressing	B: Fall Vegetable Hash, Ham, Fruit L: Bombay Sandwich w/ Green Chutney, Rice Pilaf Salad, Fruit D: NW Bean Pasta Casserole w/ Charred Corn, Asst. Vegetables, Seasonal Salad w/ Dressing	B: Bagel w/ Toppings, Egg Bites, Fruit L: Fall Green Pesto Chicken Salad Sandwich, Zucchini Provencal, Fruit D: Grilled Chicken w/ Mediterranean Vegetables & Rice, Seasonal Salad w/ Dressing	B: Fluffy Pancakes Syrup, Bacon, Fruit L: Pastrami & Pepper Jack Sandwich, Three Bean Salad, Fruit D: Middle Eastern Lamb w/ Millet, Asst. Vegetables, Seasonal Salad w/ Dressing	B: Quiche, Fruit L: Chicken Caesar Salad Wrap, Loaded Baked Potato Salad, Fruit D: Orange Rosemary Turkey w/ Rice, Asst. Vegetables, Seasonal Salad w/ Dressing	B: Banana Bread, Hardboiled Egg, Fruit L: Turkey Patty w/ BBQ Sauce, Kale & Lentil Salad, Fruit D: Tomatillo Chicken & Rice, Asst. Vegetables, Seasonal Salad w/ Dressing	B: Breakfast Sandwich, String Cheese, Fruit L: Sesame Tuna Salad Sandwich, Sweet Chili Coleslaw, Fruit D: Teriyaki Beef Stir Fry, Asst. Vegetables, Seasonal Salad w/ Dressing
17	18	19	20	21	22	23
B: Seasonal Fruit Scone, Greek Yogurt, Fruit L: Irish Salad Sandwich, Corn Succotash, Fruit D: Grilled Chicken w/ Israeli Za'atar Salad Asst. Vegetables, Seasonal Salad w/ Dressing	B: Breakfast Quesadilla, Fruit L: Mexican Style Egg Salad Sandwich, Southwest Slaw, Fruit D: Cauliflower & Chickpea Curry, Asst. Vegetables, Seasonal Salad w/ Dressing	B: Bacon & Cheese Quiche, Fruit L: BBQ Beef Sandwich, Roasted Zucchini Salad, Fruit D: Pasta w/ Turkey Bacon & Ranch Sauce, Asst. Vegetables, Seasonal Salad w/ Dressing	B: French Toast Sticks w/ Maple Syrup, Fruit L: Turkey & Provolone Sandwich, Pasta Salad w/ Herbed Aioli, Fruit D: Chicken Fried Rice, Asst. Vegetables, Seasonal Salad w/ Dressing	B: Pumpkin Quinoa Porridge, Fruit L: Baked Tofu Banh Mi Wrap, Edamame Quinoa Salad, Fruit D: Seattle Dog Macaroni & Cheese, Asst. Vegetables, Seasonal Salad w/ Dressing	B: Asst. Cereal w/ Milk, Granola Bar, Fruit L: Breaded Chicken Thigh Sandwich, Root Vegetable Salad, Fruit D: Chicken Enchiladas, Asst. Vegetables, Seasonal Salad w/ Dressing	B: Breakfast Power Bar, Cottage Cheese, Fruit L: Crab "Boil" Roll, Creamy Pasta Salad, Fruit D: Turkey Jambalaya, Asst. Vegetables, Seasonal Salad w/ Dressing
24	25	26	27	28	29	30
B: Breakfast Burrito, Fruit L: Roast Beef & American Cheese Sandwich, Pesto Potato Salad, Fruit D: Buffalo Chicken & Pasta w/ Blue Cheese, Asst. Vegetables, Seasonal Salad w/ Dressing	B: Vegetable Frittata Potatoes O'Brien, Fruit L: Meatless Muffuletta, Farro Salad w/ Feta & Cherry, Fruit D: Moroccan Chickpeas & Couscous, Asst. Vegetables, Seasonal Salad w/ Dressing	B: Strata, Sausage, Fruit L: Mu Shoo Chicken Wrap, Edamame Salad, Fruit D: Turkey Chili Topped Baked Potato / Cheese, Asst. Vegetables, Seasonal Salad w/ Dressing	B: Berry Scone, Cottage Cheese, Fruit L: Corned Beef & Swiss, Kale Salad, Fruit D: Ginger Beef Stir Fry, Asst. Vegetables, Seasonal Salad w/ Dressing	B: English Muffin, Yogurt, Fruit L: Taco Salad Wrap, Cumin Scented Vegetable Salad, Fruit D: Veggie Lasagna, Seasonal Salad w/ Dressing	B: Ham & Cheese Croissant Breakfast Sandwich, Yogurt, Fruit L: Turkey Salad Sandwich, Antipasto Salad, Fruit D: Cheese Quesadilla w/ Sweet Potato & Pinto Beans, Asst. Vegetable, Seasonal Salad w/ Dressing	B: Baked French Toast, Sausage, Fruit L: Philly Cheese Steak w/ Peppers & Onions, Roasted Vegetable Salad, Fruit D: Hamburgers & Asst. Condiments, w/ Roasted Potato, Asst. Vegetables, Seasonal Salad w/ Dressing
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B: Scrambled Eggs, Potatoes O'Brien, Fruit L: Black Bean & Butternut Squash Wrap, Chipotle Potato Salad, Fruit D: Pumpkin Chili, Asst. Vegetables, Seasonal Salad w/ Dressing						