

FareStart Community Meals Menu: September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			<p>B: Baked French Toast, Sausage, Fruit</p> <p>L: Caesar Chicken Salad Wrap, Carrot Salad, Fruit</p> <p>D: Macaroni & Cheese w/ Ham & Butternut Squash Puree, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: English Muffin Egg Sandwich, Fruit</p> <p>L: Pinto Bean Taco Salad, Chipotle Potato Salad, Fruit</p> <p>D: Chicken & Beef Meatballs in Tomato Basil Sauce on Penne Pasta, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: House Made Granola, Greek Yogurt, Fruit</p> <p>L: Pepperoni & Mozzarella Sandwich, Kale Salad, Fruit</p> <p>D: Enchilada Casserole, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Breakfast Burrito, String Cheese, Fruit</p> <p>L: Sliced Turkey & Colby Jack Sandwich, Sweet Chili Coleslaw, Fruit</p> <p>D: Hot Dogs w/ Asst. Toppings, Asst. Vegetables, Seasonal Salad w/ Dressing</p>
5	6	7	8	9	10	11
<p>B: Hardboiled Egg, Croissant, Sausage, Fruit</p> <p>L: Tuna Salad Sandwich, Brown Rice Salad, Fruit</p> <p>D: Cheese Tortellini w/ Chicken Sausage in Marinara Sauce, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Asst. Cereal, Milk, Mini Muffin, Fruit</p> <p>L: BBQ Chicken Salad Sandwich, Corn Salad, Fruit</p> <p>D: Hamburgers w/ Asst. Toppings, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Bagel, Cream Cheese, Cottage Cheese, Fruit</p> <p>L: Roast Beef & American Cheese, Farro Salad w/Feta & Cherries, Fruit</p> <p>D: White Bean Curry Stew, Pita, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Muffin, Yogurt, Fruit</p> <p>L: Roast Turkey & Provolone w/ Cranberry, Fennel Apple Slaw, Fruit</p> <p>D: Roast Chicken Drumsticks, Rice Pilaf, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Breakfast Sandwich, String Cheese, Fruit</p> <p>L: Herbed Hummus w/ Cheddar Sandwich, Lentil Salad, Fruit</p> <p>D: Hawaiian Chicken, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Strata, Ham, Fruit</p> <p>L: Asian Chicken Wrap, Edamame Quinoa Salad, Fruit</p> <p>D: Vegetarian Lasagna, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Frittata, Potatoes O'Brien, Fruit</p> <p>L: Meatloaf Sandwich, Loaded Baked Potato Salad, Fruit</p> <p>D: Chicken w/ Roasted Red Pepper Pesto Couscous, Asst. Vegetables, Seasonal Salad w/ Dressing</p>
12	13	14	15	16	17	18
<p>B: English Muffin, Cottage Cheese, Fruit</p> <p>L: Breaded Chicken Sandwich, Italian Pasta Salad, Fruit</p> <p>D: Roasted Turkey w/ Wild Rice & Apple Pilaf, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Quiche, Fruit</p> <p>L: Turkey Salad Sandwich w/ Lemon Sage Dressing, Root Vegetable Salad, Fruit</p> <p>D: Chicken Cordon Bleu Casserole, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Bagel w/ Toppings, Hardboiled Egg, Fruit</p> <p>L: Pastrami & Swiss Cheese Sandwich, German Potato Salad, Fruit</p> <p>D: Macaroni Carbonara, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Baked French Toast, Yogurt, Fruit</p> <p>L: Chicken Meatball Sandwich, Antipasto Salad, Fruit</p> <p>D: White Bean Corn Chili w/ Cornbread, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Scone, Cottage Cheese, Fruit</p> <p>L: Roast Beef & Caramelized Onion Sandwich, Rice pilaf Salad, Fruit</p> <p>D: Veggie Pizza on Pita Bread, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Oatmeal w/ Toppings, Hardboiled Egg, Fruit</p> <p>L: Black Bean Fajita Salad, Roasted Potato Salad, Fruit</p> <p>D: Beef Stroganoff, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Breakfast Burrito, String Cheese, Fruit</p> <p>L: Turkey Banh Mi, Asian Noodle Salad, Fruit</p> <p>D: Caribbean Jerk Chicken w/Rice & Black Beans, Asst. Vegetables, Seasonal Salad w/ Dressing</p>
19	20	21	22	23	24	25
<p>B: Strata, Fruit</p> <p>L: Imitation Crab Salad Sandwich, Kale & Lentil Salad, Fruit</p> <p>D: Five Bean Curry w/ Turmeric Rice, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Ham & Croissant Breakfast Sandwich, Fruit</p> <p>L: Sliced Roast Beef & Cheddar Cheese, Salmon Niçoise Salad, Fruit</p> <p>D: Grilled Chicken Skewers w/ Mediterranean Rice, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Bagel, Cream Cheese, Hardboiled Egg, Fruit</p> <p>L: Turkey & Pepper Jack Cheese Sandwich, Three Bean Salad, Fruit</p> <p>D: Honey Glazed Ham, Scalloped Potatoes, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Vegetable Frittata, Fruit</p> <p>L: Egg Salad Sandwich, Pasta Salad, Fruit</p> <p>D: Enchilada Casserole, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Chive & Cheese Biscuit, Bacon, Fruit</p> <p>L: Black Bean Taco Salad, Cumin Scented Roasted Vegetable Salad, Fruit</p> <p>D: Chicken Pot Pie, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Baked French Toast, Sausage, Fruit</p> <p>L: Caesar Salad Wrap, Greek Composed Salad, Fruit</p> <p>D: Turkey Sloppy Joe on Whole Wheat Bun, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Breakfast Sandwich, String Cheese, Fruit</p> <p>L: Ham & Swiss Cheese Sandwich, Macaroni Salad, Fruit</p> <p>D: Maple Balsamic Chicken w/ Rice, Asst. Vegetables, Seasonal Salad w/ Dressing</p>
26	27	28	29	30		
<p>B: Scrambled Eggs, Potatoes O'Brien, Fruit</p> <p>L: Tuna Salad Sandwich, Beet Salad, Fruit</p> <p>D: Pot Roast, Roasted Sweet Potato, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Quiche, Fruit</p> <p>L: Breaded Chicken Sandwich, Coleslaw, Fruit</p> <p>D: Chicken Apple Sausage w/ Kale & Sweet Potatoes & Couscous, Seasonal Salad w/ Dressing</p>	<p>B: Asst. Cereal w/ Milk, Strawberry Crisp Bar, Fruit</p> <p>L: Cheddar & Bacon Egg Salad Sandwich, Carrot Salad, Fruit</p> <p>D: Black Bean Fajitas on Corn Tortilla, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Scone, Cottage Cheese, Fruit</p> <p>L: Sliced Turkey & Provolone w/ Cranberry, Kale Salad, Fruit</p> <p>D: Chicken Pesto Pasta, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: English Muffin, Yogurt, Fruit</p> <p>L: Sesame Chicken Noodles, Edamame Salad, Fruit</p> <p>D: Baked Ziti w/ Meatballs, Asst. Vegetables, Seasonal Salad w/ Dressing</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 those days sack lunches will receive a vegetable instead. **