

Farestart Community Meals Menu: March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		<p>B: Muffin, Cheese Stick, Fruit</p> <p>L: BBQ Pulled Chicken Salad Sandwich, Corn Succotash, Fruit</p> <p>D: Macaroni w/ Ground Turkey, Peas, Onions, & Tomato Sauce, Seasonal Salad w/ Dressing</p>	<p>B: French Toast, Syrup, Banana</p> <p>L: Turkey & Provolone Sandwich, Wild Rice Salad, Fruit</p> <p>D: Chickpea & Root Vegetables w/ Wild Rice & Balsamic Maple Glaze, Seasonal Salad w/ Dressing</p>	<p>B: Assorted Cereal, Breakfast Smoothie, Fruit</p> <p>L: Chunky Bean Spread Sandwich, Kale Salad, Fruit</p> <p>D: Chicken & Vegetable Pot Pie w/ Biscuit, Seasonal Salad w/ Dressing</p>	<p>B: Overnight Oats, Bacon, Fruit</p> <p>L: Breaded Chicken Sandwich, Herb Pesto Garbanzo Bean Salad, Fruit</p> <p>D: SW Ground Beef Tacos w/ Corn Tortilla, Roasted Corn, & Assorted Toppings, Seasonal Salad w/ Dressing</p>	<p>B: Biscuits & Sausage Gravy, Fruit</p> <p>L: Ham & American Cheese Sandwich, Roasted Vegetable Salad, Fruit</p> <p>D: Imitation Crab Pasta Alfredo w/ Peas, Seasonal Salad w/ Dressing</p>
6	7	8	9	10	11	12
<p>B: Bacon & Cheddar Frittata, Fruit</p> <p>L: Herbed Chicken Salad Sandwich, Apple, Kale, & Pomegranate Salad, Fruit</p> <p>D: Chickpea & Vegetable Tikka Masala Coconut Rice Bowl, Seasonal Salad w/ Dressing</p>	<p>B: Muffin, Yogurt, Fruit</p> <p>L: Mozzarella, Tomato, & Basil Caprese Sandwich, Three Bean Salad, Fruit</p> <p>D: Eggplant Parmesan w/ Garlic Bread, Steamed Broccoli, Seasonal Salad w/ Dressing</p>	<p>B: Oat Banana Bar, Cream Cheese, Fruit</p> <p>L: Southwest Pulled Chicken Salad Sandwich, Southwest Slaw, Fruit</p> <p>D: Sweet Ginger Tofu & Quinoa w/ Ginger Spiced Peppers, Onions, & Broccoli, Seasonal Salad w/ Dressing</p>	<p>B: Toast, Cottage Cheese, Fruit</p> <p>L: Cannellini Bean Hummus Sandwich w/ Sundried Tomato & Kalamata Olive, Mediterranean Salad, Fruit</p> <p>D: Chicken w/ Pasta & Marinara, Mediterranean Veg Blend, Seasonal Salad w/ Dressing</p>	<p>B: Veggie Frittata, Fruit</p> <p>L: Deviled Egg Salad Sandwich, Pinto Beans & Bacon w/ Sauerkraut Vinaigrette, Fruit</p> <p>D: Black Bean & Cheese Quesadillas w/ Spanish Rice & Fiesta Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Rice Pudding, Bacon, Fruit</p> <p>L: Creole Chicken Salad Sandwich, Polenta Hash, Fruit</p> <p>D: Sweet & Sour Turkey on Brown Rice w/ Broccoli & Carrot Asian Veggie Blend, Seasonal Salad w/ Dressing</p>	<p>B: Sausage & Egg English Muffin, Fruit</p> <p>L: Imitation Crab Salad Sandwich, Creamy Pasta Salad, Fruit</p> <p>D: Spinach & Artichoke Tortellini w/ Chicken, Breadstick, Seasonal Salad w/ Dressing</p>
13	14	15	16	17	18	19
<p>B: Joe's Scramble w/ Beef, Spinach, & Mushrooms, Hash Browns, Fruit</p> <p>L: Ham & Cheddar Sandwich, Cold Mac & Cheese, Fruit</p> <p>D: Honey Mustard Glazed Turkey w/ Rice & Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Assorted Cereal, Yogurt, Fruit</p> <p>L: Black Bean Hummus & Corn Salsa Sandwich, Brown Butter Farro & Butternut Salad, Fruit</p> <p>D: Chili w/ Beans & Hominy on Brown Rice, Zucchini, Seasonal Salad w/ Dressing</p>	<p>B: Muffin, Cheese Stick, Fruit</p> <p>L: Crushed Chickpea Salad Sandwich, Beet Salad w/ Winter Green Kimchi, Fruit</p> <p>D: Corndogs w/ Ketchup & Mustard, Broccoli & Cauliflower, Seasonal Salad w/ Dressing</p>	<p>B: French Toast, Syrup, Banana</p> <p>L: Egg Salad Sandwich, Curried Cauliflower w/ Cilantro Vinaigrette, Fruit</p> <p>D: Lemon Chicken w/ Rice, Carrots & Broccoli w/ Red Peppers, Seasonal Salad w/ Dressing</p>	<p>B: Assorted Cereal, Breakfast Smoothie, Fruit</p> <p>L: Corned Beef & Swiss w/ Sauerkraut on Potato Bun, Root Veg Salad, Fruit</p> <p>D: Lentil Shepherd's Pie w/ Country Veg Blend, Cheddar Soda Bread, Seasonal Salad w/ Dressing</p>	<p>B: Overnight Oats, Bacon, Fruit</p> <p>L: Garden Herb Chicken Sandwich, Charcuterie Pasta Salad, Fruit</p> <p>D: Caprese White Bean & Basil Pasta w/ Tomato & Broccoli, Seasonal Salad w/ Dressing</p>	<p>B: Bacon & Cheese Breakfast Sandwich, Fruit</p> <p>L: Tuscan Tuna Salad Sandwich, Rice Pilaf Salad, Fruit</p> <p>D: BBQ Pulled Pork, Braised Cabbage, Corn Muffin, Seasonal Salad w/ Dressing</p>
20	21	22	23	24	25	26
<p>B: Ham & Cheese Breakfast Burrito</p> <p>L: Turkey, Apple Chutney, & Cheddar Sandwich, German Potato Salad, Fruit</p> <p>D: SW Chipotle Pesto Chicken on Pasta w/ Black Beans, Peppers, & Onions, Seasonal Salad w/ Dressing</p>	<p>B: Muffin, Yogurt, Fruit</p> <p>L: Chunky Bean Spread Sandwich, Ginger Lemon Coleslaw, Fruit</p> <p>D: White Bean & Winter Squash Macaroni & Cheese, Broccoli, Seasonal Salad w/ Dressing</p>	<p>B: Oat Banana Bar, Cottage Cheese, Fruit</p> <p>L: Turkey Salad Sandwich, Carrot Salad, Fruit</p> <p>D: Chicken & Vegetable Fried Rice, Asian-Inspired Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Ham & Cheese Pastry, Fruit</p> <p>L: Roast Beef & Cheddar Cheese Sandwich, Broccoli Salad, Fruit</p> <p>D: Turkey & Stuffing Casserole, Green Beans, Seasonal Salad w/ Dressing</p>	<p>B: Baked Oatmeal, Yogurt, Fruit</p> <p>L: Herbed Chicken Salad Sandwich, Greek Salad, Fruit</p> <p>D: Pepperoni Pizza, Garlicky Spinach & Mushrooms, Seasonal Salad w/ Dressing</p>	<p>B: Rice Pudding, Bacon, Fruit</p> <p>L: Greek Chickpea Salad Sandwich, Corn Salad w/ Smokey Tomato Vinaigrette, Fruit</p> <p>D: Orange Sesame Ginger Chicken w/ Rice, Broccoli & Cauliflower, Seasonal Salad w/ Dressing</p>	<p>B: Strawberry Ricotta Crepes, Fruit</p> <p>L: Pastrami & Havarti Sandwich, Beet Salad w/ Kiwi Vinaigrette, Fruit</p> <p>D: Jerk Spiced Chicken & Rice, Zucchini, Seasonal Salad w/ Dressing</p>
27	28	29	30	31		
<p>B: Sausage & Egg English Muffin, Fruit</p> <p>L: Imitation Crab Salad Sandwich, Lentil Salad, Fruit</p> <p>D: Braised Beef Chuck Roast, Roasted Potatoes, Green Beans, Seasonal Salad w/ Dressing</p>	<p>B: Veggie & Cheese Frittata, Fruit</p> <p>L: Egg Salad Sandwich, Brown Rice & Delicata Salad, Fruit</p> <p>D: Cheese Tortellini w/ Marinara, Yellow Summer Squash, Seasonal Salad w/ Dressing</p>	<p>B: Muffin, Cheese Stick, Fruit</p> <p>L: Pulled Chicken Banh Mi Sandwich, Rice Noodle Salad, Fruit</p> <p>D: Ground Turkey Cowboy Caviar on Rice, Seasonal Salad w/ Dressing</p>	<p>B: French Toast, Syrup, Banana</p> <p>L: Black Bean Hummus & Corn Salsa Sandwich, Potato Salad w/ Pickles, Fruit</p> <p>D: Chicken Tenders, Macaroni & Cheese, Peas & Carrots, Seasonal Salad w/ Dressing</p>	<p>B: Assorted Cereal, Breakfast Smoothie, Fruit</p> <p>L: Turkey & Pepper Jack Cheese Sandwich, Coleslaw, Fruit</p> <p>D: Beef Hamburger w/ Bun & Assorted Toppings, Potato Wedges, Broccoli, Seasonal Salad w/ Dressing</p>		