



# November 2021 Hot Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Smothered Rice, Bean, &amp; Cheese Burritos (WGR) Fiesta Corn Sauté Applesauce  (V)</p>	<p>2 Meatloaf w/ Mushroom Gravy &amp; Whole Wheat Roll (WGR) Peas &amp; Carrots Oranges  Vegetarian – Lentil Loaf</p>	<p>3 Mexican Chicken w/ Ranch-Style Pinto Beans &amp; Spanish Rice (WGR) Steamed Carrots Pears  Vegetarian – Black Bean</p>	<p>4 Chickpea &amp; Vegetable Tikka Masala Brown Rice Bowl Whole Wheat Pita Wedges (WGR) Apples  (V)</p>	<p>5 Chicken Sausage Bowtie Pasta in Tomato Cream Sauce (WGR) Peas &amp; Carrots Pear Crumble  Vegetarian – White Bean</p>
<p>8 Baked Tofu Cube Quinoa Bowl w/ Carrot &amp; Broccoli Pears  (V)</p>	<p>9 Chickpeas w/ Root Vegetables &amp; Wild Rice (WGR) Apples  (V)</p>	<p>10 Chicken Sausage &amp; Zucchini Pasta in Tomato Sauce (WGR) Oranges  Vegetarian – Field Roast</p>	<p>11  Veteran's Day No Meal Service</p>	<p>12 Pesto White Bean &amp; Rice Bowl w/ Tomato &amp; Broccoli (WGR) Cinnamon Baked Apples  (V)</p>
<p>15 Quesadilla w/ Black Bean &amp; Squash (WGR) Mild Salsa Oranges  (V)</p>	<p>16 Orange Chicken &amp; Rice (WGR) Green Beans Apples  Vegetarian – Tofu</p>	<p>17 Grilled Chicken w/ Rice Pilaf (WGR) Steamed Carrots Baked Pears  Vegetarian – Tofu</p>	<p>18 Lentil Bolognese w/ Whole Wheat Pasta (WGR) Steamed Broccoli Oranges  (V)</p>	<p>19 Chicken Fajitas w/ Bell Pepper &amp; Onion Rice (WGR) Apple Crumble  Vegetarian – Pinto Bean</p>
<p>22 Macaroni &amp; Cheese w/ Butternut Squash &amp; White Beans (WGR) Peas Oranges  (V)</p>	<p>23 Roasted Chicken w/ Parsnips &amp; Sweet Potato Wedges Whole Wheat Roll (WGR) Cinnamon Baked Apples  Vegetarian – Tofu</p>	<p>24 Edamame w/ Rice Noodles, Teriyaki Sauce, &amp; Stir Fry Veggies (WGR) Pear Crumble  (V)</p>	<p>25  Thanksgiving No Meal Service</p>	<p>26  Day After Thanksgiving No Meal Service</p>
<p>29 Spiced Chickpeas &amp; Squash Rice (WGR) Honeydew Melon Wedges  (V)</p>	<p>30 Chicken Tenders w/ Macaroni &amp; Cheese (WGR) Peas &amp; Carrots Apples  Vegetarian – Vegan Chicken Tenders</p>	<p>1</p>	<p>2</p>	<p>3</p>



**FARESTART.**

Toddler modifications to prevent choking hazards include, but may not be limited to, steamed/blanched vegetables in place of raw vegetables, bite-sized or sauce alternatives for whole fruit, and soft or child-safe cereal alternatives for granola. All grains used in our menu are whole grain rich. Meals served with 8 oz. of 1% milk when ordered. FareStart's menu changes cyclically and focuses on fresh, seasonal produce. Fruit type may change without notice due to ripeness and availability. FareStart's School Meals menu is free of nuts, pork, and shellfish. Please note that pork, shellfish, and other allergens may be processed in the facilities where FareStart ingredients are manufactured. FareStart is an Equal Opportunity Employer.