

FareStart Spring Menu: May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Teriyaki w/Brown Rice (WGR) Peas and Carrots Apples	4 Vegetarian Lasagna (WGR) with Tofu and Mozzarella Green Beans Oranges	5 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla(WGR) Southwest Slaw Bananas	6 Turkey Piadinni w/Peppers & Mozzarella on Pita (WGR) Green Beans Strawberry Applesauce	7 Beef Chili w/Carrots & Onions Whole Wheat Roll Pear Crumble
10 Macaroni (WGR) and Cheese with Butternut Squash Puree Peas and Carrots Apples	11 Tomato Vegetarian Curry with Chickpeas, Potatoes, & Onions Pita (WGR) Oranges	12 Basil & Roasted Garlic Pasta (WGR) w/White Beans Bananas	13 Chicken Adobo Drumstick w/Brown Rice (WGR) Green Beans Berries & Yogurt	14 Black Bean Sliders w/Whole Wheat Bun (WGR), Lettuce & Tomato Steamed Carrots Peach Crisp
17 Beef Stroganoff w/Brown Rice(WGR) Peas and Carrots Apples	18 White Bean Curry Stew w/Potatoes, Carrots, & Onions Pita Bread (WGR) Oranges	19 Chicken Enchilada Casserole with Black Beans, Rice (WGR) and Cheese Steamed Carrots Bananas	20 Vegetarian Lasagna (WGR) w/Creamy Italian Herb Sauce, Tofu & Mozzarella Green Beans Strawberry Applesauce	21 Sofrito Quesadilla w/ Cheddar, Tofu & Enchilada Sauce Whole Wheat Tortilla(WGR) Corn Fruit Crumble
24 Macaroni (WGR) and Cheese with Butternut Squash Puree Peas and Carrots Apples	25 Chicken Pot Pie with Peas, Carrots, and Onions, Whole Wheat Biscuit (WGR) Oranges	26 Veggie Pizza on Pita Bread (WGR) with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with French Dressing Bananas	27 Enchilada Casserole with Black Beans, Rice(WGR) and cheese Green Beans Berries & Yogurt	28 Turkey Sloppy Joe With Whole Wheat Bun (WGR) Apple Crumble Steamed Carrots
31 Memorial Day Observed	1 Chicken Teriyaki w/Brown Rice (WGR) Peas and Carrots Apples	2 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla(WGR) Southwest Slaw Oranges	3 Turkey Piadinni w/Peppers & Mozzarella on Pita (WGR) Green Beans Strawberry Applesauce	4 Beef Chili w/Carrots & Onions Whole Wheat Roll Pear Crumble

Toddler modifications include steamed/blanched carrot & celery sticks and bite-sized or sauce alternative for whole fruit. All grains used in our menu are whole grain rich. Meals served with 8 oz. of 1% milk when ordered. FareStart's menu changes seasonally and focuses on fresh, seasonal produce. Fruit 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 facility. FareStart is an Equal Opportunity Employer



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