

* October 2021 Hot Lunch Menu *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	1 Fall Butternut Squash Macaroni & Cheese (WGR) Peas Pear Crumble (V)
4 Middle Eastern Coconut Grain Bowl (WGR) w/ Chickpeas, Raisins, Carrots, & Green Onion Apples (V)	5 Tacos w/ Seasoned Beef, Shell/Tortilla (WGR), Cheese, Salsa, Lettuce, Tomato, & Olives Oranges Vegetarian – Tempeh	6 Chicken & Wild Rice (WGR) Bowl Steamed Carrots Bananas Vegetarian – Tofu	7 Korean BBQ Chicken Sandwich on Whole Wheat Bun (WGR) Steamed Corn Strawberry Applesauce Vegetarian – Vegan Tenders	8 Honey Mustard Roasted Turkey & Rice (WGR) Green Beans Apple Crumble Vegetarian – Tofu
11 Corn & Great Northern Bean Pasta (WGR) Casserole Apples (V)	12 Pita Pizza (WGR) Steamed Corn Oranges Vegetarian – Tofu	13 Middle Eastern Lamb and Millet (WGR) Saute Broccoli Bananas Vegetarian – Chickpeas	14 Orange Rosemary Turkey Blended Grain (WGR) Bowl Steamed Carrots Berries & Yogurt Vegetarian – Pinto Beans	15 Tomatillo Chicken & Rice (WGR) Bowl Green Beans Peach Crumble Vegetarian – Pinto Beans
18 Cauliflower Vindaloo w/ Chickpeas & Pita (WGR) Apples (V)	19 Turkey Pasta (WGR) w/ Creamy Ranch Sauce & Veggies Green Beans Oranges Vegetarian – Pinto Beans	20 Chicken Fried Rice (WGR) w/ Peas, Carrots, Onions, and Bell Peppers Bananas Vegetarian – Tofu	21 Seattle Dog Macaroni & Cheese (WGR) Side Salad Applesauce Vegetarian – Veggie Dog	22 Ground Beef Enchilada Casserole (WGR) Steamed Corn Pear Crumble Vegetarian – Pinto Beans
25 Moroccan Chickpea & Veggie Grain (WGR) Bowl Cauliflower Apples (V)	26 Turkey Chili Topped Baked Potato w/ Cheese and Whole Wheat Roll (WGR) Mixed Green Salad Oranges Vegetarian – Bean Chili	27 Ginger Beef Stir Fry Rice Blend (WGR) w/ Edamame, Broccoli, Carrots, & Peas Bananas Vegetarian – Tofu	28 Veggie Lasagna w/ Tofu, Creamed Spinach, Mushrooms, & Red Sauce Whole Wheat Roll (WGR) Berries & Yogurt (V)	29 Cheese Quesadilla w/ Pureed Sweet Potatoes, Black Beans, Salsa, and Tortilla (WGR) Apple Crumble (V)



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Toddler modifications include steamed/blanched vegetables in place of raw vegetables and bite-sized or sauce alternatives 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 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.