

FareStart Summer Spring Menu

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
30 BBQ Chicken Sandwich on Whole Wheat Bun (WGR) Steamed Carrots Apples	31 Black Bean Fajitas on Corn Tortilla (WGR) Green Beans Oranges	1 Macaroni (WGR) & Cheese with Butternut Squash Puree Green Beans Bananas	2 Chicken Meatballs in Tomato Basil Sauce on Penne Pasta (WGR) Steamed Carrots Berries & Yogurt	3 Enchilada Casserole with Black Beans, Rice (WGR) & Cheese Peas & Carrots Pear Crumble
6 Labor Day Observed	7 White Bean Curry Stew with Potatoes, Carrots & Onions Pita Bread (WGR) Apples	8 Roast Chicken Drumsticks with Whole Wheat Bread (WGR) Green Beans Bananas	9 Grilled Cheese with Caramelized Onions on Pita (WGR) Steamed Carrots Strawberry Applesauce	10 Vegetarian Lasagna (WGR) with Creamy Italian Herb Sauce, Tofu & Mozzarella Corn Apple Crumble
13 Chicken Meatballs in Tomato Basil Sauce on Penne Pasta (WGR) Steamed Carrots Apples	14 Macaroni (WGR) & Cheese with Butternut Squash Puree Peas & Carrots Oranges	15 White Bean Corn Chili on Whole Wheat Bun (WGR) Green Beans Bananas	16 Veggie Pizza on Pita Bread (WGR) with Tomato Sauce, Chopped Greens, & Cheese Mixed Green Salad with French Dressing Berries & Yogurt	17 Black Bean Sliders on Whole Wheat Bun (WGR), Lettuce & Tomato Peach Crumble
20 Tomato Vegetarian Curry with Chickpeas, Potatoes & Onions Pita (WGR) Apples	21 Grilled Cheese with Caramelized Onions on Pita (WGR) Peas & Carrots Oranges	22 Enchilada Casserole with Black Beans, Rice (WGR) & Cheese Green Beans Bananas	23 Chicken Pot Pie with Peas, Carrots, & Onions Whole Wheat Biscuit (WGR) Strawberry Applesauce	24 Turkey Sloppy Joe on Whole Wheat Bun (WGR) Peas & Carrots Fruit Crumble
27 BBQ Chicken Sandwich on Whole Wheat Bun (WGR) Steamed Carrots Apples	28 Black Bean Fajitas on Corn Tortilla (WGR) Peas & Carrots Oranges	29 Macaroni (WGR) & Cheese with Butternut Squash Puree Green Beans Bananas	30 Chicken Meatballs in Tomato Basil Sauce on Penne Pasta (WGR) Steamed Carrots Berries & Yogurt	1 Enchilada Casserole with Black Beans, Rice (WGR) & Cheese Peas & Carrots 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



FARESTART
GREAT FOOD • BETTER LIVES