

# FareStart Summer Hot Lunch Menu

## July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b> Beef Stroganoff with Brown Rice (WGR) Peas & Carrots Apples	<b>29</b> Vegetarian Lasagna (WGR) with Tofu & Mozzarella Green Beans Oranges	<b>30</b> Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa & Whole Wheat Tortilla (WGR) Southwest Slaw Bananas	<b>1</b> Chicken Pot Pie with Peas, Carrots, & Onions Whole Wheat Biscuit (WGR) Strawberry Applesauce	<b>2</b> Turkey Sloppy Joe on Whole Wheat Bun (WGR) Peas & Carrots Fruit Crumble
<b>5</b> <b>Independence Day Observed</b>	<b>6</b> BBQ Chicken Sandwich on Whole Wheat Bun (WGR) Peas & Carrots Oranges	<b>7</b> Macaroni (WGR) & Cheese with Butternut Squash Puree Green Beans Apples	<b>8</b> Chicken Meatballs in Tomato Basil Sauce on Penne Pasta (WGR) Steamed Carrots Berries & Yogurt	<b>9</b> Enchilada Casserole with Black Beans, Rice (WGR) & Cheese Peas & Carrots Pear Crumble
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>12</b> White Bean Curry Stew with Potatoes, Carrots & Onions Pita Bread (WGR) Apples	<b>13</b> Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa & Whole Wheat Tortilla (WGR) Southwest Slaw Oranges	<b>14</b> Roast Chicken Drumsticks with Whole Wheat Bread (WGR) Green Beans Bananas	<b>15</b> Grilled Cheese with Caramelized Onions on Pita (WGR) Steamed Carrots Strawberry Applesauce	<b>16</b> Vegetarian Lasagna (WGR) with Creamy Italian Herb Sauce, Tofu & Mozzarella Corn Apple Crumble
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>19</b> Chicken Meatballs in Tomato Basil Sauce on Penne Pasta (WGR) Steamed Carrots Apples	<b>20</b> Macaroni (WGR) & Cheese with Butternut Squash Puree Peas & Carrots Oranges	<b>21</b> White Bean Corn Chili on Whole Wheat Bun (WGR) Green Beans Bananas	<b>22</b> Veggie Pizza on Pita Bread (WGR) with Tomato Sauce, Chopped Greens, & Cheese Mixed Green Salad with French Dressing Berries & Yogurt	<b>23</b> Black Bean Sliders on Whole Wheat Bun (WGR), Lettuce & Tomato Peach Crumble
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>26</b> Tomato Vegetarian Curry with Chickpeas, Potatoes & Onions Pita (WGR) Apples	<b>27</b> Grilled Cheese with Caramelized Onions on Pita (WGR) Peas & Carrots Oranges	<b>28</b> Enchilada Casserole with Black Beans, Rice (WGR) & Cheese Green Beans Bananas	<b>29</b> Chicken Pot Pie with Peas, Carrots, & Onions Whole Wheat Biscuit (WGR) Strawberry Applesauce	<b>30</b> Turkey Sloppy Joe on Whole Wheat Bun (WGR) Peas & Carrots Fruit 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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