

# January 2022 Hot Lunch Menu

Date	Weekday	Meal	Protein	Vegetable	Fruit	Grain
1/3	Monday	Pinto Bean, Cheddar, Fiesta Corn, & Rice WGR Burrito / Applesauce (V)	2 oz	½ c.	½ c.	1 serv.
1/4	Tuesday	WGR Macaroni w/ Ground Beef, Peas, Onions, & Tomato Sauce / Oranges (V: Tempeh)	2 oz	½ c.	½ c.	1 serv.
1/5	Wednesday	Mexican Style Chicken w/ Beans, Peppers, Onions, & WGR Spanish Rice / Bananas (V: Beans)	2 oz	½ c.	½ c.	1 serv.
1/6	Thursday	Chicken Pot Pie w/ Peas, Carrots, & WGR Biscuit / Apples (V: Chickpeas)	2 oz	½ c.	½ c.	1 serv.
1/7	Friday	Beef Meatball, White Bean, & Veggie WGR Pasta / Peach Crumble (V: Field Roast)	2 oz	½ c.	½ c.	1 serv.
1/10	Monday	WGR Quinoa Bowl w/ Baked Tofu Cubes, Peppers, Onions, & Broccoli / Applesauce (V)	2 oz	½ c.	½ c.	1 serv.
1/11	Tuesday	Chickpeas & Root Vegetables on WGR Wild Rice / Oranges (V)	2 oz	½ c.	½ c.	1 serv.
1/12	Wednesday	Chicken Zucchini WGR Pasta in Tomato Sauce / Bananas (V: Field Roast)	2 oz	½ c.	½ c.	1 serv.
1/13	Thursday	Grilled Chicken w/ Pineapple Sauce & Snap Peas on WGR Rice / Honeydew Wedges (V: Tofu)	2 oz	½ c.	½ c.	1 serv.
1/14	Friday	Basil White Beans & WGR Rice w/ Tomato & Broccoli / Baked Pears (V)	2 oz	½ c.	½ c.	1 serv.
1/17	Monday	Chicken Nuggets w/ WGR Macaroni & Cheese / Collard Greens / Applesauce (V: Chik'n)	2 oz	½ c.	½ c.	1 serv.
1/18	Tuesday	Orange Chicken & WGR Soba Noodles / Green Beans / Oranges (V: Tofu)	2 oz	½ c.	½ c.	1 serv.
1/19	Wednesday	Grilled Chicken w/ WGR Rice Pilaf / Pureed Squash / Bananas (V: Tofu)	2 oz	½ c.	½ c.	1 serv.
1/20	Thursday	Beef Meatball & Red Pepper Pesto WGR Pasta w/ Broccoli & Cauliflower / Apples (V: Lentils)	2 oz	½ c.	½ c.	1 serv.
1/21	Friday	Turkey & Broccoli Alfredo w/ WGR Pasta / Berry Crumble (V: Kidney Beans)	2 oz	½ c.	½ c.	1 serv.
1/24	Monday	Butternut Squash & White Bean WGR Mac & Cheese w/ Peas / Applesauce (V)	2 oz	½ c.	½ c.	1 serv.
1/25	Tuesday	Rosemary Chicken w/ Parsnips & Sweet Potato Wedges / WGR Crackers / Oranges (V: Tofu)	2 oz	½ c.	½ c.	1 serv.
1/26	Wednesday	Teriyaki Edamame Stir Fry w/ WGR Rice Noodles, Pepper, & Onion / Bananas (V)	2 oz	½ c.	½ c.	1 serv.
1/27	Thursday	Two Bean & Squash Chili on WGR Rice / Pears (V)	2 oz	½ c.	½ c.	1 serv.
1/28	Friday	Turkey w/ Roast Potatoes & Gravy / WGR Crackers / Green Beans / Fruit Crumble (V: Tofu)	2 oz	½ c.	½ c.	1 serv.
1/31	Monday	Spiced Chickpeas, Kale, & Squash on WGR Rice / Applesauce (V)	2 oz	½ c.	½ c.	1 serv.

Note: Portions listed are as served for ages 1-5. Adult portion sizes available upon request.



**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.