

March 2022 Hot Lunch Menu

Date	Weekday	Meal	Protein	Vegetable	Fruit	Grain
	Monday					
3/1	Tuesday	Macaroni (WGR) w/ Ground Turkey in Tomato Sauce / Peas / Oranges (V: Tempeh)	2 oz	¼ c.	¼ c.	1 serv.
3/2	Wednesday	Chickpeas & Root Vegetables w/ Wild Rice (WGR) & Balsamic Maple Dressing / Apples (V)	2 oz	¼ c.	¼ c.	1 serv.
3/3	Thursday	Chicken Pot Pie w/ Biscuit (WGR), Peas, & Carrots / Pears (V: Chickpeas)	2 oz	¼ c.	¼ c.	1 serv.
3/4	Friday	Ground Beef Tacos (WGR) w/ Roasted Corn & Asst. Toppings / Berry Crumble (V: Black Beans)	2 oz	¼ c.	¼ c.	1 serv.
3/7	Monday	Eggplant Parmesan w/ Garlic Bread (WGR) / Steamed Broccoli / Melon Wedges (V)	2 oz	¼ c.	¼ c.	1 serv.
3/8	Tuesday	Quinoa (WGR) w/ Baked Tofu Cubes & Ginger Spiced Peppers & Broccoli / Oranges (V)	2 oz	¼ c.	¼ c.	1 serv.
3/9	Wednesday	Chicken & Pasta (WGR) in Tomato Sauce / Green Bean & Carrot Veg Blend / Apples (V: Field Roast)	2 oz	¼ c.	¼ c.	1 serv.
3/10	Thursday	Black Bean & Cheese Quesadilla (WGR) / Fiesta Vegetables / Pears (V)	2 oz	¼ c.	¼ c.	1 serv.
3/11	Friday	Sweet & Sour Turkey w/ Rice (WGR) / Carrot & Broccoli Veggie Blend / Peach Crumble (V: Tofu)	2 oz	¼ c.	¼ c.	1 serv.
3/14	Monday	Chili w/ Beans & Hominy on Rice (WGR) / Zucchini / Melon Wedges (V)	2 oz	¼ c.	¼ c.	1 serv.
3/15	Tuesday	Mini Turkey Corndogs w/ Ketchup & Mustard (WGR) / Broc & Cauli / Oranges (V: Field Roast)	2 oz	¼ c.	¼ c.	1 serv.
3/16	Wednesday	Lemon Chicken w/ Rice (WGR) / Carrots & Broccoli / Apples (V: Lemon Tofu)	2 oz	¼ c.	¼ c.	1 serv.
3/17	Thursday	Lentil Shepherd's Pie w/ Peas & Carrots Veg Mix / Cheddar Soda Bread (WGR) / Pears (V)	2 oz	¼ c.	¼ c.	1 serv.
3/18	Friday	Caprese White Bean & Basil Pasta (WGR) w/ Tomato & Broccoli / Apple Crumble (V)	2 oz	¼ c.	¼ c.	1 serv.
3/21	Monday	White Bean & Winter Squash Macaroni & Cheese / Peas / Melon Wedges (V)	2 oz	¼ c.	¼ c.	1 serv.
3/22	Tuesday	Chicken Fried Rice (WGR) w/ Peas & Carrots / Oranges (V: Tofu)	2 oz	¼ c.	¼ c.	1 serv.
3/23	Wednesday	Turkey & Stuffing Casserole (WGR) / Green Beans / Apples (V: Veggie Sausage)	2 oz	¼ c.	¼ c.	1 serv.
3/24	Thursday	Cheese Pita Pizza (WGR) / Steamed Carrots / Pears (V)	2 oz	¼ c.	¼ c.	1 serv.
3/25	Friday	Orange Sesame Ginger Chicken w/ Rice (WGR) / Broccoli & Cauliflower / Fruit Crumble (V: Tofu)	2 oz	¼ c.	¼ c.	1 serv.
3/28	Monday	Cheese Tortellini w/ Marinara / Yellow Summer Squash / Melon Wedges (V)	2 oz	¼ c.	¼ c.	1 serv.
3/29	Tuesday	Ground Turkey w/ Rice (WGR) / Corn & Bell Peppers / Oranges (V: Black-Eyed Peas)	2 oz	¼ c.	¼ c.	1 serv.
3/30	Wednesday	Chicken Tenders w/ Macaroni & Cheese (WGR) / Peas & Carrots / Apples (V: Baked Tofu)	2 oz	¼ c.	¼ c.	1 serv.
3/31	Thursday	Beef Hamburger w/ Bun (WGR) & Toppings / Potato Wedges / Broccoli / Pears (V: Veggie Burger)	2 oz	¼ c.	¼ c.	1 serv.
	Friday					

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



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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.