

FareStart Community Hot & Cold Lunch Meals Menu: January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	1	2	3	4	5	6
B: Breakfast Burrito, String Cheese, & Fruit C: Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit H: Butter Chicken, Rice, Green Salad, Seasonal Vegetable	B: Muffin, Yogurt, & Fruit C: BBQ Chicken Wrap, Soup, & Fruit H: Braised Pork, Black Eyed Peas, Cornbread, Collard Greens, Salad w/ French	B: Breakfast Sandwich & Fruit C: PB & J Sandwich, Pasta Salad, & Fruit H: Veg Lasagna Zucchini & Squash, Green Salad w/ Thousand Island	B: Coffeecake, Cottage Cheese, Ham, & Fruit C: : BLT Wrap, Soup, & Fruit H: Buffalo Chicken Fajita, Flour tortillas , Brussel Sprouts, Fruit Salad	B: Frittata, Potatoes O'Brien, & Fruit C: Roast Beef & Provolone Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit H: Beef Brisket w/ country gravy, Rice, Carrots & Salad w/ Sweet Mustard Dressing	B: Yogurt Parfait, Ham, & Fruit C: Chicken Caesar Wrap, Veg w/ Ranch, Soup, & Fruit H: Bean and Cheese Burrito, Corn, Salad with Ranch	B: Quiche, Cereal, & Fruit C: Egg Salad Sandwich, Salad w/ Dressing, Fruit, & Cookie H: Shepherds Pie, Cauliflower, & Coleslaw
7	8	9	10	11	12	13
B: Bagel w/ Toppings, Hardboiled Egg, & Fruit C: Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit H: Macaroni & Cheese, Broccoli, Oranges	B: Baked French Toast, Sausage, & Fruit C: Greek Hummus Wrap, Soup, & Fruit H: Roast Chicken Drumstick Mashed Potatoes Veg Medley Salad with Apple Tarragon	B: Breakfast Sandwich & Fruit C: Ham & Swiss Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit H: Veg Alfredo Pasta, Broccoli, & Salad with French	B: Cheddar Scone, Cottage Cheese, & Fruit C: Chicken Salad Wrap, Soup, & Fruit H: Beef Pot Pie Carrots Salad with Ranch Dressing	B: Breakfast Burrito, String Cheese, & Fruit C: PB & J Sandwich, Pasta Salad, & Fruit H: Turkey Stroganoff Brussel Sprouts Salad with Italian Vinaigrette	B: Yogurt Parfaits, Quick Bread, & Fruit C: Turkey Bahn Mi Wrap, Soup, & Fruit H: Chicken Philly Cauliflower Potato Salad	B: Oatmeal with Toppings, Hardboiled Egg, & Fruit C: Bologna & Cheddar Sandwich, Banana Bread, & Fruit H: Orange Chicken, Rice, Stir Fry Veg, Green Salad with Asian Vinaigrette
14	15	16	17	18	19	20
B: Sausage Gravy, Biscuit, & Fruit C: Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit H: Tater Tot Casserole, Winter Squash, & Salad with French	B: Muffin, Yogurt, & Fruit C: BBQ Chicken Wrap, Soup, & Fruit H: Hawaiian Pork, Rice, Bok Choy, Fruit Salad	B: Breakfast Sandwich & Fruit L: PB & J Sandwich, Pasta Salad, & Fruit H: Pasta Fagioli Veg Medley Salad with 1,000 Island Dressing	B: Coffeecake, Cottage Cheese, Ham, & Fruit C: BLT Wrap, Soup, & Fruit H: Veg & Chicken Curry, Rice, Carrots, Salad w/Sweet Mustard Dressing	B: Frittata, Potatoes O'Brien, & Fruit C: Roast Beef & Provolone Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit H: Pork Taco, Corn, Coleslaw	B: Yogurt Parfait, Ham, & Fruit C: Chicken Caesar Wrap, Veg w/ Ranch, Soup, & Fruit H: Baked Ziti, Zucchini & Squash, Oranges	B: Quiche, Cereal, & Fruit C: C: Egg Salad Sandwich, Salad w/ Dressing, Fruit, & Cookie H: Sloppy Joe, Green Beans, Salad with Ranch
21	22	23	24	25	26	27
B: Bagel w/ Toppings, Hardboiled Egg, & Fruit C: Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit H: Chicken Fajitas, Cauliflower, Coleslaw	B: Baked French Toast, Sausage, & Fruit C: Greek Hummus Wrap, Soup, & Fruit H: Veg Tamale Pie, Corn, Salad w/Apple Tarragon Vinaigrette	B: Breakfast Sandwich & Fruit C: Ham & Swiss Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit H: Braised Pork w/ Mushroom Gravy, Rice, Brussel Sprouts, Salad w/Sweet Mustard Dressing	B: Cheddar Scone, Cottage Cheese, & Fruit C: Chicken Salad Wrap, Soup, & Fruit H: Buffalo Chicken Sandwich, Carrots, Potato Salad	B: Breakfast Burrito, String Cheese, & Fruit C: PB & J Sandwich, Pasta Salad, & Fruit H: Meatloaf, Mashed Potatoes, Green Beans, Salad with French	B: Yogurt Parfaits, Quick Bread, & Fruit C: Turkey Bahn Mi Wrap, Soup, & Fruit H: Quesadillas, Cauliflower, Salad w/1,000 Island	B: Oatmeal with Toppings, Hardboiled Egg, & Fruit C: Bologna & Cheddar Sandwich, Banana Bread, & Fruit H: Chicken & Dumplings, Zucchini & Squash, Fruit Salad
28	29	30	31			
B: Sausage Gravy, Biscuit, & Fruit C: Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit H: Chicken Enchiladas, Winter Squash, Salad w/Sweet Mustard Dressing	B: Muffin, Yogurt, & Fruit C: BBQ Chicken Wrap, Soup, & Fruit H: Veg Chili, Cornbread, Corn, Salad with Ranch	B: Breakfast Sandwich & Fruit C: PB & J Sandwich, Pasta Salad, & Fruit H: Sweet & Sour Pork, Rice, Stir Fry Veg, Salad w/ Asian Ginger Vinaigrette	B: Coffeecake, Cottage Cheese, Ham, & Fruit C: : BLT Wrap, Soup, & Fruit H: Buffalo Chicken Fajita, Flour tortillas , Brussel Sprouts, Fruit Salad			

Menu items subject to change based on availability, food recovery and/or gleaning opportunities.
Some menu items may contain nuts.

** Sack lunches will receive lunch menu except days with soup, on these days sack lunches will receive a vegetable instead.**