

FareStart Breakfast Menu: January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO DELIVERY	2 Homemade Morning Glory Muffin and Mandarin Oranges	3 Hard Boiled Egg, Pears and Whole Wheat Bread	4 Homemade Banana Muffins and Mixed Berries
7 Cheerios and Peaches	8 Homemade Pumpkin Muffins and Mandarin Oranges	9 Oatmeal and Pears	10 Homemade Coffee Cake and Bananas	11 Whole Wheat Bread, Hard- Boiled Egg and Applesauce
14 Rice Chex and Mandarin Oranges	15 Oatmeal and Peaches	16 Homemade Morning Glory Muffin and Banana	17 Hard Boiled Egg, Pears and Whole Wheat Bread	18 Homemade Banana Muffins and Mixed Berries
21 NO DELIVERY	22 Homemade Pumpkin Muffins and Mandarin Oranges	23 Oatmeal and Pears	24 Homemade Coffee Cake and Bananas	25 Whole Wheat Bread, Hard- Boiled Egg and Applesauce
28 Rice Chex and Mandarin Oranges	29 Oatmeal and Peaches	30 Homemade Morning Glory Muffin and Banana	31 Hard Boiled Egg, Pears and Whole Wheat Bread	

If you are a CACFP client and Breakfast is the only FareStart meal you are serving please let us know so that we can add a Whole Grain item to the order.

FareStart's menu changes seasonally and focuses on fresh, seasonal produce.

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.



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FareStart Winter Menu: January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
31 Macaroni(WGR) and Cheese with Butternut Squash Puree Peas and Carrot Apples	1 No Meal Delivery	2 Chicken Enchilada Casserole with Corn Tortilla(WGR) with Black Beans, Rice and Cheese Green Beans Apples	3 Chicken Parmesan with Onions and Peppers Whole Wheat Bread(WGR) Strawberry-Applesauce	4 Turkey Sliders w/ Lettuce and Tomato Whole Wheat Bun(WGR) Roasted Potatoes Apple Crumble
7 Chicken Alfredo with Elbow Pasta(WGR) and Cauliflower Puree Peas and Carrots Apples	8 Roasted Chicken Drumsticks Mashed Potatoes Whole Wheat Bread(WGR) Oranges	9 Veggie Pizza on Pita Bread(WGR) with Tomato Sauce, Chopped Greens and Cheese Mixed Green Salad with French Dressing Bananas	10 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla(WGR) Berries and Yogurt Corn	11 Pizza Casserole with Beef, Mozzarella, and Macaroni(WGR) Pear Crumble Green Beans
14 Macaroni(WGR) and Cheese with Butternut Squash Puree Peas and Carrot Apples	15 Chicken Pot Pie with Peas, Carrots, and Onions Oranges Whole Wheat Bread	16 Enchilada Casserole with Corn Tortilla(WGR) with Black Beans, Rice and Cheese Green Beans Bananas	17 Turkey Sloppy Joe With Whole Wheat Bread(WGR) Strawberry-Applesauce Steamed Carrots	18 Beef Lasagna (WGR) with Ricotta & Mozzarella Green Beans Fruit Crumble with Apples, Pear, and Raspberries
21 No Meal Delivery	22 Veggie Chili with Quinoa(WGR), Red Beans, Onions, Carrots, and Tomatoes Oranges	23 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla(WGR) Southwest Slaw Bananas	24 Chicken Fajita with Peppers, Carrots, Onions and Celery Berries and Yogurt Whole Wheat Tortilla(WGR)	25 Confetti Meatloaf w/Gravy Whole Wheat Bread Mashed Root Vegetables Peach Crumble
28 Macaroni(WGR) and Cheese with Butternut Squash Puree Peas and Carrot Apples	29 Vegetarian Lasagna (WGR) with Tofu and Mozzarella Steamed Carrots Oranges	30 Chicken Enchilada Casserole with Corn Tortilla(WGR), Black Beans, Rice and Cheese Green Beans Bananas	31 Chicken Parmesan with Onions and Peppers Whole Wheat Bread(WGR) Strawberry-Applesauce	1 Turkey Sliders w/ Lettuce and Tomato Whole Wheat Bun(WGR) Roasted Potatoes Apple Crumble



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FareStart Winter Vegetarian Menu: January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
31 Macaroni(WGR) and Cheese with Butternut Squash Puree Peas and Carrot Apples	1 No Meal Delivery	2 Enchilada Casserole with Corn Tortilla(WGR), Black Beans, Rice and cheese Green Beans Apples	3 Bean Trio Parmesan(White, Red, and Pinto) with Onions and Peppers Whole Wheat Bread Strawberry-Applesauce	4 Pinto Bean Sliders w/ Lettuce and Tomato Whole Wheat Bun(WGR) Roasted Potatoes Apple Crumble
7 Creamy White Bean Alfredo with Elbow Pasta (WGR) and Cauliflower Puree Peas and Carrots Apples	8 Tomato Curry with Chickpeas, Potatoes, and Onions Whole Wheat Bread(WGR) Oranges	9 Pizza on Pita Bread(WGR) with Tomato Sauce, Chopped Greens and Cheese Mixed Green Salad with French Dressing Bananas	10 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla(WGR) Berries and Yogurt Corn	11 Pizza Casserole with Whole Wheat Macaroni (WGR), Lentils & Mozzarella Green Beans Pear Crumble
14 Macaroni(WGR) and Cheese with Butternut Squash Puree Peas and Carrot Apples	15 Pot Pie With Peas, Carrots, and White Beans Oranges Whole Wheat Bread(WGR)	16 Enchilada Casserole with Corn Tortilla(WGR) with Black Beans, Rice and Cheese Green Beans Bananas	17 Sloppy Joe With Red Beans & Whole Wheat Bun(WGR) Strawberry-Applesauce Steamed Carrots	18 Lasagna (WGR) with Tofu, Ricotta & Mozzarella Green Beans Fruit Crumble with Apples, Pear, and Raspberries
21 No Meal Delivery	22 Chili with Quinoa(WGR), Red Beans, Onions, Carrots, and Tomatoes Oranges	23 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla(WGR) Southwest Slaw Bananas	24 Pinto Bean Fajita with Peppers, Carrots, Onions and Celery Whole Wheat Tortilla(WGR) Berries and Yogurt	25 Lentil Loaf w/Gravy Mashed Root Vegetables Whole Wheat Bread(WGR) Peach Crumble
28 Macaroni(WGR) and Cheese with Butternut Squash Puree Peas and Carrot Apples	29 Lasagna with Corn Tortilla(WGR) and White Beans Steamed Carrots Oranges	30 Enchilada Casserole with Corn Tortilla(WGR) with Black Beans, Rice and Cheese Green Beans Bananas	31 Bean Trio Parmesan(White, Red, and Pinto) with Onions and Peppers Whole Wheat Bread Strawberry-Applesauce	1 Pinto Bean Sliders w/ Lettuce and Tomato Whole Wheat Bun(WGR) Roasted Potatoes Apple Crumble



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FareStart Allergen-Free Menu: January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
31 <i>Rice and Black Beans with Diced Butternut Squash Peas and Carrots Apples</i>	1 No Meal Delivery	2 Chicken Enchilada Casserole with Corn Tortilla(WGR), Black Bean and Rice Green Beans Apples	3 Chicken Tomato Basil with Onions and Peppers Corn Tortilla Strawberry-Applesauce	4 Turkey Sliders with Lettuce and Tomato Corn Tortilla(WGR) Apple Compote Roasted Potatoes
7 Chicken and Brown Rice(WGR) with Dairy-Free Cauliflower Puree Peas and Carrots Apples	8 Roasted Chicken Drumsticks Mashed Potatoes Corn Tortilla(WGR) Oranges	9 Veggie Pizza on Corn Tortilla(WGR)s w/ Chopped Greens, White Beans and Tomato Sauce Mixed Green Salad with French Dressing Bananas	10 Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Corn Tortilla(WGR) Mixed Berries Corn	11 Pizza Casserole w/Rice, Beef, Tomato Basil Green Beans Pear Compote
14 Rice and Black Beans with Diced Butternut Squash Peas and Carrots Apples	15 Chicken Pot Pie With Peas, and Carrots Corn Tortilla(WGR) Rice & Red Sauce Oranges	16 Enchilada Casserole with Corn Tortilla(WGR), Black Bean and Rice Green Beans Bananas	17 Turkey Sloppy Joe Corn Tortilla(WGR) Steamed Carrots Strawberry-Applesauce	18 Beef Lasagna with Corn Tortilla and White Beans Green Beans Fruit Compote
21 No Meal Delivery	22 Veggie Chili with Quinoa(WGR), Red Beans, Onions, Carrots, and Tomatoes Oranges	23 Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Corn Tortilla Southwest Slaw Bananas	24 Chicken Fajita with Peppers, Carrots, Onions and Celery Mixed Berries Corn Tortilla(WGR)	25 Confetti Meatloaf Mashed Root Vegetables Corn Tortilla(WGR) Peach Compote
28 Rice and Black Beans with Diced Butternut Squash Peas and Carrots Apples	29 Vegetarian Lasagna with Corn Tortilla(WGR) and White Beans Steamed Carrots Oranges	30 Chicken Enchilada Casserole with Corn Tortilla(WGR), Black Bean and Rice Green Beans Bananas	31 Chicken Tomato Basil with Onions and Peppers Corn Tortilla Strawberry-Applesauce	1 <i>Turkey Sliders with Lettuce and Tomato Corn Tortilla(WGR)</i> <i>Apple Compote</i> <i>Roasted Potatoes</i>



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FareStart Sack Lunch Menu:

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Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
	No Meal Delivery	Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit Whole Grain Crackers(WGR)	Sunbutter and Jelly Sandwich on Whole Wheat Bread(WGR) Seasonal Fruit Carrot Sticks Cheese Stick	Turkey and Cheese Pita(WGR) <i>Vegetarian: Cheese + Tomato Pita(WGR)</i> Cucumber Slices Seasonal Fruit
7	8	9	10	11
Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit Whole Grain Crackers(WGR)	Turkey Bahn Mi on a Whole Grain Hoagie Roll(WGR) Seasonal Fruit Sliced Cucumbers <i>Vegetarian – Veggie Bahn Mi</i>	Pita(WGR) Pizza Celery Sticks Seasonal Fruit	Chef Salad with Turkey, Cheese, Egg, and Tomato Seasonal Fruit Ranch Dressing Whole Wheat Crackers(WGR) <i>Vegetarian – Chef Salad with Cheese, Egg, and Tomato</i>	Two-Cheese Sandwich with Lettuce and Tomato Seasonal Fruit Cucumber Slices
14	15	16	17	18
Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit Whole Grain Crackers(WGR)	Sunbutter and Jelly Sandwich on Whole Wheat Bread(WGR) Seasonal Fruit Sliced Cucumbers Cheese Stick	Turkey Sandwich with Provolone With Lettuce and Tomato on Whole Wheat Bread(WGR) Seasonal Fruit Celery Sticks <i>Vegetarian – Cheese Sandwich with Provolone and Lettuce and Tomato</i>	Cheddar Cheese Sandwich with Lettuce and Tomato on Whole Wheat Bread(WGR) Carrot Sticks Seasonal Fruit	Turkey and Cheese Pita(WGR) <i>Vegetarian: Cheese + Tomato Pita(WGR)</i> Cucumber Slices Seasonal Fruit
21	22	23	24	25
No Meal Delivery	Yogurt Cheese Stick Banana Bread Sliced Cucumbers Seasonal Fruit Whole Grain Crackers(WGR)	Hard Boiled Egg Cheese Stick Whole Wheat Crackers(WGR) Celery Sticks Seasonal Fruit	Pita(WGR) Pizza Carrot Sticks Seasonal Fruit	Roast Beef Sandwich on Whole Wheat Bun With Lettuce and tomato Cucumber Slices Seasonal Fruit <i>Vegetarian – Cheese Sandwich with Lettuce and Tomato</i>
28	29	30	31	1
Yogurt Cheese Stick Banana Bread Carrots Seasonal Fruit Whole Grain Crackers(WGR)	Turkey Sandwich With Lettuce and Tomato on Whole Wheat Bread(WGR) <i>Vegetarian – Cheese Sandwich with Lettuce and Tomato</i> Cucumber Slices Seasonal Fruit	Egg Salad Whole Wheat Whole Grain Crackers(WGR) Cheese Stick Celery Sticks Seasonal Fruit	Sunbutter and Jelly Sandwich on Whole Wheat Bread(WGR) Seasonal Fruit Carrot Sticks Cheese Stick	



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FareStart Snack Menu: January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO DELIVERY	2 Whole Wheat Crackers and String Cheese	3 Pita (WG) and Hummus	4 Whole Wheat Bagel and Bananas
7 Provolone Cheese and Whole Wheat Crackers	8 Hard-Boiled Egg and Fresh Melons	9 Vanilla Yogurt and Melons	10 Hummus, Carrot Sticks, and Celery Sticks	11 Turkey Slices and Whole Wheat Crackers
14 String Cheese and Whole Wheat Crackers	15 Berries & Yogurt and Whole Wheat Bread	16 Cheddar Cheese, Carrots, and Celery Sticks	17 Pita (WG) and Hummus	18 Whole Wheat Bagel and Bananas
21 NO DELIVERY	22 Hard-Boiled Egg and Fresh Melons	23 Vanilla Yogurt and Melons	24 Hummus, Carrot Sticks, and Celery Sticks	25 Turkey Slices and Whole Wheat Crackers
28 String Cheese and Whole Wheat Crackers	29 Berries & Yogurt and Whole Wheat Bread	30 Cheddar Cheese, Carrots, and Celery Sticks	31 Pita (WG) and Hummus	

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