

FareStart Community Meals Menu: January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					B: Apple Crisp, Turkey Sausage, Fruit L: Egg Salad, Broccoli Coleslaw, Fruit D: Roasted Chicken, Hoppin John, Collard Greens, Corn Bread Rice Crispy Treat	B: Bagel, Cream Cheese, Hard Boiled Egg L: Peanut Butter & Jelly, Chex Mix, Fruit D: Sweet & Sour Chicken, Rice and Assorted Vegetables with Seasonal greens with Dressing
3	4	5	6	7	8	9
B: Egg Sandwich, Home fries, Fruit L: Turkey & Cheddar, Potato Salad, Fruit D: Bean & Cheese Fiesta Bowl, Salsa & Sour Cream, Assorted Vegetable and Salad with Dressing	B: Cheddar Scone, Cottage Cheese, Fruit L: Ham and Swiss Cheese Sandwich, Lentil Salad, Fruit D: Chicken Creole Bowl, Assorted Vegetables and Salad with Dressing	B: English Muffin, PB & J Yogurt, Fruit L: Chicken Caesar, Pasta Salad, Fruit D:ChimiChurri Pork, Assorted Vegetables and Seasonal Salad with Dressing	B: French Toast, Bacon, Maple syrup, Fruit L:Hummus Wrap, Three Bean Salad, Fruit D:BBq Chicken Sandwich, Coleslaw, Potato Wedges	B: Strata, Fruit, Cottage Cheese L: Turkey & Swiss Cheese Sandwich, Corn Succotash, Fruit D: Aloo Gobi, Jasmine Rice, Naan, Assorted Vegetables and Salad with Dressing	L:Strawberry & Ricotta Crepes, Fruit, Maple syrup L: Egg Salad, Popcorn & Pretzel Mix, Fruit D: Ham and Pineapple Fried Rice, Assorted Vegetables and Salad with Dressing	B: Loaded Scrambled Egg and Vegetables, Fruit, Hash Brown L: Peanut Butter and Jelly Sandwich, Barley Salad & Fruit D: Chicken Divan Casserole, Assorted Vegetable and Salad with Dressing
10	11	12	13	14	15	16
B: Cereal, Hardboiled Egg, Fruit L: Turkey & Cheddar Sandwich, Asian Noodle Salad D: Chicken and Apple lentil Salad, Assorted Vegetable and Seasonal Salad with Dressing	B: Sausage Gravy & Biscuits, Fruit L: Ham and Swiss Cheese Sandwich, Potato Salad, Fruit D: Bruschetta Pasta with Zucchini & Eggplant, Mixed Vegetables and Seasonal Salad with Dressing	B: Blueberry Pancakes, Ham Steak, Fruit L: Chicken Caesar, Corn Succotash, Fruit D: Turkey Alfredo Pasta, Mixed Vegetables and Seasonal Salad with Dressing	B: English Muffin, PB & J, Yogurt, Fruit L: Hummus Wrap, Coleslaw, Fruit D: Curried Cauliflower & White beans, Mixed Vegetable and Seasonal Salad with Dressing	B: Apple Crisp, Turkey Sausage & Fruit L: Turkey & Swiss Cheese Sandwich, Potato Salad, Fruit D: Pork Pad Thai, mixed Vegetables and a Seasonal Salad with Dressing	B: Quiche, Muffin, Fruit L: Egg Salad, Chex Mix, Fruit D: Sweet Potato & Black Bean Burrito, Mixed Vegetable and a Seasonal Salad with Dressing	B: Oatmeal Cup, Cheese stick, Fruit L: Peanut Butter and Jelly Sandwich, Three Bean Salad, Fruit D: Loaded Baked Potato with Ham, Assorted Vegetables and a Seasonal Salad with Dressing.
17	18	19	20	21	22	23
B: Cheddar Scone, Cottage Cheese, Fruit L: Turkey & Cheddar Cheese Sandwich, Barley Salad & Fruit D: Beef Hot dog Choucroute, Mixed Vegetables and Seasonal Salad with Dressing	B: Breakfast Sandwich, Home Fries & Fruit L: Ham and Swiss Cheese Sandwich, Broccoli Slaw, Fruit D: Kathy's Sausage and Pasta Stew, Mixed Vegetables and Seasonal Salad	B: Cereal, Hard Boiled Eggs, Fruit L: Chicken Caesar, Tomato & Cucumber Salad, Fruit D: Pan Roasted Cod, Risotto, Mixed Vegetables and Seasonal Salad with Dressing	B: Shashuka, Pita, Fruit L: Hummus Wrap, Pasta Salad, Fruit D: Chimichurri Pork, Mixed Vegetables and Seasonal Salad with Dressing	B: Blueberry Muffin, Sausage, Fruit L: Turkey & Swiss Cheese Sandwich, Three Bean Salad D: Stuffed Peppers, Mixed Vegetables and Seasonal Salad with Dressing	B: Yogurt Parfait, Fruit, Muffin L: Egg Salad, Corn Succotash, Fruit D: Meatball Sandwich, Mixed Vegetables and Seasonal Salad with Dressing	L: Breakfast Burrito, Hash Brown, Fruit L: Peanut Butter and Jelly Sandwich, Lentil Salad, Fruit D: Creamy Orzo Pasta, Mixed Vegetables and Seasonal Salad with Dressing
24	25	26	27	28	29	30
B. Bagel w/ Toppings, Hardboiled Egg, Fruit L: Turkey & Cheddar Cheese Sandwich, Coleslaw, Fruit D. Chana Masala, Rice, Mixed Vegetables and Seasonal Salad with Dressing.	L: Banana Bread, Maple Syrup, Bacon, Fruit L: Ham and Swiss Cheese Sandwich, Barley Salad D: Pesto Chicken & Potato Salad, Mixed Vegetables and Seasonal Salad with Dressing D: Creamy Chicken Pasta Salad, Fig Newton, Orange	B. Oatmeal, Yogurt, Fruit L: Chicken Caesar, Pasta Salad, Fruit D: Chicken & Apple Lentil Salad, Mixed Vegetables & Seasonal Salad with Dressing D: Cream of Mushroom & Chicken w/ Wild Rice, Brownie, Banana	B. Strata, Fruit L: Hummus Wrap, Potato Salad, Fruit D: Chicken Creole, Mixed Vegetables and Seasonal Salad with Dressing D: Black Bean Fiesta Bowl w/Rice & Salsa, Cookie, Orange	B. Apple Crisp, Sausage, Fruit L: Turkey & Swiss Cheese Sandwich, Fruit D: Curried Cauliflower & White beans, Mixed Vegetables and Seasonal Salad with Dressing D: Chicken Pad Thai w/Peanut Sauce, Chips, Fig Newton, Banana	B. Cereal, Hardboiled Egg, Fruit L: Egg Salad, Asian Pasta Salad, Fruit D: Sesame Chicken, mixed Greens and Seasonal Salad with Dressing D: Orange Miso Asian Chicken Salad w/Lo Mein, Brownie, Orange	B. Frittata, Bacon, Fruit L: Peanut Butter & Jelly Sandwich, Chex Mix, Fruit D: Loaded Baked Potato, Mixed Vegetables and Seasonal Salad with Dressing D: Wild Rice Apple Salad w/Kidney Beans, Red Pepper, & Pepitas, Cookie, Banana
31						
B. Blueberry Pancakes, Maple Syrup, Fruit, Cottage Cheese L: Turkey & Cheddar Cheese Sandwich, Potato Salad, Fruit D: Chicken Taco Bowl, Mixed Vegetables and Seasonal Salad with Dressing.						

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. **