

FareStart Lunch Menu: January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
28 Pasta (WGR) Bolognese w/Beef Peas and Carrots Apples	29 White Bean Curry Stew w/Potatoes, Carrots, & Onions Pita Bread (WGR) Oranges	30 Chicken Enchilada Casserole with Black Beans, Rice (WGR) and Cheese Steamed Carrots Bananas	31 Vegetarian Lasagna (WGR) w/Creamy Italian Herb Sauce, Tofu & Mozzarella Green Beans Strawberry Applesauce	1 Closed in Observance of New Year's Day  No Meal Delivery
4 Macaroni (WGR) and Cheese with Butternut Squash Puree Peas and Carrots Apples	5 Chicken Pot Pie with Peas, Carrots, and Onions, Whole Wheat Biscuit (WGR) Oranges	6 Veggie Pizza on Pita Bread (WGR) with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with French Dressing Bananas	7 Enchilada Casserole with Black Beans, Rice(WGR) and cheese Green Beans Berries & Yogurt	8 Turkey Sloppy Joe With Whole Wheat Bun (WGR) Apple Crumble Steamed Carrots
11 Chicken Alfredo with Elbow Pasta(WGR) and Cauliflower Puree Peas and Carrots Apples	12 Vegetarian Lasagna (WGR) with Tofu and Mozzarella Green Beans Oranges	13 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla(WGR) Southwest Slaw Bananas	14 Turkey Piadinni w/Peppers & Mozzarella on Pita (WGR) Green Beans Strawberry Applesauce	15 Beef Chili w/Carrots & Onions Whole Wheat Roll Pear Crumble
18 Closed in Observance of Martin Luther King Jr Day  No Meal Delivery	19 Macaroni (WGR) and Cheese with Butternut Squash Puree Peas and Carrots Apples	20 Tomato Vegetarian Curry with Chickpeas, Potatoes, & Onions Whole Wheat Bread (WGR) Bananas	21 Chicken Adobo Drumstick w/Brown Rice (WGR) Green Beans Berries & Yogurt	22 Black Bean Sliders w/Whole Wheat Bun (WGR), Lettuce & Tomato Steamed Carrots Peach Crisp
25 Pasta (WGR) Bolognese w/Beef Peas and Carrots Apples	26 White Bean Curry Stew w/Potatoes, Carrots, & Onions Pita Bread (WGR) Oranges	27 Chicken Enchilada Casserole with Black Beans, Rice (WGR) and Cheese Steamed Carrots Bananas	28 Vegetarian Lasagna (WGR) w/Creamy Italian Herb Sauce, Tofu & Mozzarella Green Beans Strawberry Applesauce	29 Sofrito Quesadilla w/ Cheddar, Tofu & Enchilada Sauce Whole Wheat Tortilla(WGR) Corn Fruit Crumble

Toddler modifications include steamed/blanched carrot & celery sticks and bite-sized or sauce alternative for whole fruit. All grains used in our menu are whole grain rich. Meals served with 8 oz. of 1% milk when ordered. FareStart's menu changes seasonally and focuses on fresh, seasonal produce. Fruit 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 facility.