

FareStart Community Meals Menu: March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				B: Baked French Toast, Sausage, & Fruit L: Tuna Salad Wrap, Soup, & Fruit D: Hamburgers, Glazed Carrots, & Seasonal Salad	B: Muffin, Yogurt, & Fruit L: Greek Hummus Wrap, Pasta Salad, & Fruit D: Chicken Fajita, Corn & Seasonal Salad	B: Breakfast Sandwich & Fruit L: Ham & Swiss Sandwich, Lettuce & Tomato, Potato Salad, & Fruit D: Pasta Fagioli, Seasonal Veg, & Salad
4	5	6	7	8	9	10
B: Coffeecake, Cottage Cheese, Ham, & Fruit L: Bologna & Cheddar, Salad, Fruit D: Sweet & Sour Chicken, Rice, Seasonal Veg & Seasonal Salad	B: Quiche, Cereal, Fruit L: PB & J Sandwich, Soup, & Fruit D: Sloppy Joe, Steak Fries, Seasonal Salad	B: Yogurt Parfait, Ham, & Fruit L: Turkey & Pepperjack Wrap, Salad, & Fruit D: Chicken & Bean Enchilada Casserole, Mixed Veg & Seasonal Salad	B: Frittata, Homefries, Fruit L: Egg Salad, Salad and Fruit D: Tater Tot & Chicken Casserole, Carrots & Seasonal Salad	B: Bagel w/ Toppings, Hardboiled Egg, & Fruit L: Curried Chicken Salad Wrap, Soup, & Fruit D: Vegetable & Pasta Alfredo, Seasonal Vegetable, Salad	B: Sausage Gravy, Biscuit, & Fruit L: Roastbeef & Cheddar Coleslaw, & Fruit D: American Chop Suey, Ratatouille, Seasonal Salad	B: Yogurt, Banana Muffin, & Fruit L: BBQ Chicken Salad Wrap, Pasta Salad, & Fruit D: Pulled Beef Sandwich, Sweet Potato, & Seasonal Salad
11	12	13	14	15	16	17
B: Cheddar Scone, Cottage Cheese, & Fruit L: Thanksgiving Turkey Sandwich, Salad, Fruit D: Veg Lasagna, Seasonal Veg & Seasonal Salad	B: Stratta, Peach Smoothie, & Fruit L: Chicken Caesar Wrap, Soup, Fruit D: Jambalaya, Vegetable, Seasonal Salad	B: Yogurt Parfaits, Coffeecake Muffin, & Fruit L: Tuna Salad, Pasta Salad, Salad, Fruit D: Beef Pot Pie, Vegetable and Seasonal Salad	B: Oatmeal with Toppings, Hardboiled Egg, & Fruit L: PB & J Sandwich, Salad, & Fruit D: Pork w/ Mushroom Gravy, Rice, Seasonal Veg & Seasonal Salad	B: Sausage Gravy, Biscuit, & Fruit L: Bologna & Cheddar, Soup Fruit D: Tuna Noodle Casserole, Carrots, Seasonal Salad	B: Muffin, Yogurt, & Fruit L: Greek Hummus Wrap, Salad, & Fruit D: Chicken Cacciatore, Seasonal Veg & Seasonal Salad	B: Breakfast Sandwich & Fruit L: Ham & Swiss Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit D: Florentine Meatloaf, Rice, Vegetable & Seasonal Salad
18	19	20	21	22	23	24
B: Coffeecake, Cottage Cheese, Ham, & Fruit L: Turkey Banh Mi, Salad, Fruit D: BBQ Chicken, Cornbread, Seasonal Veg, Seasonal Salad	B: Frittata, Potatoes O'Brien, & Fruit L: Tuna Salad Wrap, Soup, & Fruit D: Sausage & Pepper, Vegetables, Salad	B: Yogurt Parfait, Ham, & Fruit L: Fluffernutter Sandwich, Seasonal Salad & Banana D: Blackbean Burrito, Corn & Seasonal Salad	B: Quiche, Cereal, & Fruit L: Bologna & Cheddar Sandwich, Salad w/ Dressing, & Fruit D: Beef Stroganoff, Vegetable, Salad	B: Bagel w/ Toppings, Hardboiled Egg, & Fruit L: Turkey Reuben Sandwich, Soup, & Fruit D: Buffalo Chicken Sandwich, Carrots, & Seasonal Salad	B: Baked French Toast, Sausage, & Fruit L: Chicken Caesar Wrap, Soup, & Fruit D: Hawaiian Pork, Rice, Seasonal Veg & Seasonal Salad	B: Yogurt, Apple Muffin, & Fruit L: Egg Salad Sandwich, Pasta Salad, & Fruit & Cookie D: Beef Stew, Carrots, & Seasonal Salad
25	26	27	28	29	30	31
B: Cheddar Scone, Cottage Cheese, & Fruit L: Italian Sandwich, Coleslaw, & Fruit D: White Chili, Cornbread, Seasonal Veg & Seasonal Salad	B: Breakfast Burrito, Yogurt, & Fruit L: Bologna & Cheddar, Soup, & Fruit D: Carmelized Onion Macaroni & Cheese, Seasonal Veg & Seasonal Salad	B: Yogurt Parfaits, Banana Muffin, & Fruit L: Tuna Salad Wrap, Pasta Salad, Fruit D: Chicken Rama, Seasonal Veg, Seasonal Salad	B: Oatmeal with Toppings, Hardboiled Egg, & Fruit L: PB & J Sandwich, Salad, & Fruit D: Sweet & Sour Sesame Chicken, Rice, Seasonal Veg & Seasonal Salad	B: Strata, Peach Smoothie, Fruit L: Ham & Swiss Sandwich, Soup, Salad D: Shepards Pie, Carrots, Seasonal Salad	B: Bagel w/ Toppings, Hardboiled Egg, & Fruit L: Turkey & Pepperjack, Salad & Fruit D: Pork & Beans, Seasonal Veg, Seasonal Salad	B: Baked French Toast, Sausage, Fruit L: Curried Chicken Salad, Fruit, Salad D: Turkey Tetrazini, Mixed Veg, Seasonal 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.**