

# FareStart Community Meals Menu: October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>B:</b> Sausage Gravy, Biscuit, & Fruit  <b>L:</b> Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit  <b>D:</b> Hamburgers, Seasonal Veg, & Seasonal Salad	<b>B:</b> Muffin, Yogurt, & Fruit  <b>L:</b> Greek Hummus Wrap, Soup, & Fruit  <b>D:</b> Chicken Philly, Seasonal Veg & Seasonal Salad	<b>B:</b> Breakfast Sandwich & Fruit  <b>L:</b> Ham & Swiss Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit  <b>D:</b> Sloppy Joes, Carrots, & Seasonal Salad	<b>B:</b> Coffeecake, Cottage Cheese, Ham, & Fruit  <b>L:</b> Chicken Salad Wrap, Soup, & Fruit  <b>D:</b> Sweet & Sour Pork, Rice, Seasonal Veg & Seasonal Salad	<b>B:</b> Frittata, Potatoes O'Brien, & Fruit  <b>L:</b> PB & J Sandwich, Pasta Salad, & Fruit  <b>D:</b> Pasta Fagioli, Seasonal Veg & Seasonal Salad	<b>B:</b> Yogurt Parfait, Ham, & Fruit  <b>L:</b> Turkey & Pepperjack Wrap, Soup, & Fruit  <b>D:</b> Veg Tamale Pie, Seasonal Veg & Seasonal Salad	<b>B:</b> Quiche, Cereal, & Fruit  <b>L:</b> Roast Beef & Cheddar Sandwich, Salad w/ Dressing, & Fruit  <b>D:</b> Tater Tot Casserole, Seasonal Veg & Seasonal Salad
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>B:</b> Bagel w/ Toppings, Hardboiled Egg, & Fruit  <b>L:</b> Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit  <b>D:</b> Chicken Fajitas, Seasonal Veg & Seasonal Salad	<b>B:</b> Baked French Toast, Sausage, & Fruit  <b>L:</b> BBQ Chicken Wrap, Soup, & Fruit  <b>D:</b> Pulled Beef Sandwich, Seasonal Veg & Seasonal Salad	<b>B:</b> Yogurt Parfaits, Quick Bread, & Fruit  <b>L:</b> Egg Salad Sandwich, Pasta Salad, & Fruit & Cookie  <b>D:</b> Shepard's Pie, Carrots, & Seasonal Salad	<b>B:</b> Cheddar Scone, Cottage Cheese, & Fruit  <b>L:</b> Tuna Salad Wrap, Soup, & Fruit  <b>D:</b> Veg Lasagna, Seasonal Veg & Seasonal Salad	<b>B:</b> Breakfast Burrito, String Cheese, & Fruit  <b>L:</b> Roast Beef & Provolone Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit  <b>D:</b> Pork Taco, Seasonal Veg & Seasonal Salad	<b>B:</b> Yogurt Parfaits, Quick Bread, & Fruit  <b>L:</b> Chicken Caesar Wrap, Soup, & Fruit  <b>D:</b> White Chili, Biscuit, Seasonal Veg & Seasonal Salad	<b>B:</b> Oatmeal with Toppings, Hardboiled Egg, & Fruit  <b>L:</b> PB & J Sandwich, Salad w/ Dressing, & Fruit  <b>D:</b> Turkey Stroganoff, Seasonal Veg, & Seasonal Salad
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>B:</b> Sausage Gravy, Biscuit, & Fruit  <b>L:</b> Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit  <b>D:</b> BBQ Pork Sandwich, Seasonal Veg & Seasonal Salad	<b>B:</b> Muffin, Yogurt, & Fruit  <b>L:</b> Greek Hummus Wrap, Soup, & Fruit  <b>D:</b> Chicken Parm Pasta, Seasonal Veg & Seasonal Salad	<b>B:</b> Breakfast Sandwich & Fruit  <b>L:</b> Ham & Swiss Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit  <b>D:</b> Hot Dogs, Carrots, & Seasonal Salad	<b>B:</b> Coffeecake, Cottage Cheese, Ham, & Fruit  <b>L:</b> Chicken Salad Wrap, Soup, & Fruit  <b>D:</b> Bean & Cheese Burritos, Seasonal Veg & Seasonal Salad	<b>B:</b> Frittata, Potatoes O'Brien, & Fruit  <b>L:</b> PB & J Sandwich, Pasta Salad, & Fruit  <b>D:</b> Tuna Noodle Casserole, Seasonal Veg & Seasonal Salad	<b>B:</b> Yogurt Parfait, Ham, & Fruit  <b>L:</b> Turkey & Pepperjack Wrap, Soup, & Fruit  <b>D:</b> Braised Pork w/ Gravy, Rice, Seasonal Veg & Seasonal Salad	<b>B:</b> Quiche, Cereal, & Fruit  <b>L:</b> Roast Beef & Cheddar Sandwich, Salad w/ Dressing, & Fruit  <b>D:</b> Chicken & Biscuit, Seasonal Veg & Seasonal Salad
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>B:</b> Bagel w/ Toppings, Hardboiled Egg, & Fruit  <b>L:</b> Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit  <b>D:</b> Buffalo Chicken Sandwich, Carrots, & Seasonal Salad	<b>B:</b> Baked French Toast, Sausage, & Fruit  <b>L:</b> BBQ Chicken Wrap, Soup, & Fruit  <b>D:</b> Veg Chili, Cornbread, Seasonal Veg & Seasonal Salad	<b>B:</b> Yogurt Parfaits, Quick Bread, & Fruit  <b>L:</b> Egg Salad Sandwich, Pasta Salad, & Fruit & Cookie  <b>D:</b> Macaroni & Cheese, Carrots, & Seasonal Salad	<b>B:</b> Cheddar Scone, Cottage Cheese, & Fruit  <b>L:</b> Tuna Salad Wrap, Soup, & Fruit  <b>D:</b> Jambalaya, Seasonal Veg & Seasonal Salad	<b>B:</b> Breakfast Burrito, String Cheese, & Fruit  <b>L:</b> Roast Beef & Provolone Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit  <b>D:</b> Veg Alfredo Pasta, Seasonal Veg & Seasonal Salad	<b>B:</b> Yogurt Parfaits, Quick Bread, & Fruit  <b>L:</b> Chicken Caesar Wrap, Soup, & Fruit  <b>D:</b> Hawaiian Pork, Rice, Seasonal Veg & Seasonal Salad	<b>B:</b> Oatmeal with Toppings, Hardboiled Egg, & Fruit  <b>L:</b> PB & J Sandwich, Salad w/ Dressing, & Fruit  <b>D:</b> Chickpea Tikka Masala, Rice, Seasonal Veg & Seasonal Salad
<b>29</b>	<b>30</b>	<b>31</b>				
<b>B:</b> Sausage Gravy, Biscuit, & Fruit  <b>L:</b> Sandwich of the Day, Lettuce & Tomato, Coleslaw, & Fruit  <b>D:</b> Sticky Garlic Sesame Chicken, Rice, Seasonal Veg & Seasonal Salad	<b>B:</b> Muffin, Yogurt, & Fruit  <b>L:</b> Greek Hummus Wrap, Soup, & Fruit  <b>D:</b> Baked Ziti, Seasonal Veg & Seasonal Salad	<b>B:</b> Breakfast Sandwich & Fruit  <b>L:</b> Ham & Swiss Sandwich, Lettuce & Tomato, Pasta Salad, & Fruit  <b>D:</b> Pork & Beans, Biscuit, Carrots & 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.\*\*