

FareStart Lunch Menu:

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Alfredo with Elbow Pasta(WGR) and Cauliflower Puree Peas and Carrots Apples	Roasted Chicken Drumsticks Mashed Potatoes Whole Wheat Bread(WGR) Oranges	Veggie Pizza on Pita Bread(WGR) with Tomato Sauce, Chopped Greens and Cheese Mixed Green Salad with French Dressing Bananas	Turkey Sloppy Joe With Whole Wheat Bread(WGR) Strawberry-Applesauce Steamed Carrots	Pizza Casserole with Beef, Mozzarella, and Macaroni(WGR) Pear Crumble Green Beans
8	9	10	11	12
Macaroni(WGR) and Cheese with Butternut Squash Puree Peas and Carrot Apples	BBQ Chicken Sandwich Southwest Corn Whole Wheat Bun (WGR) Oranges	Enchilada Casserole with Corn Tortilla(WGR) with Black Beans, Rice and Cheese Green Beans Bananas	Chicken Fajita with Peppers, Carrots, Onions and Celery Berries and Yogurt Whole Wheat Tortilla(WGR)	Penne(WGR) with Turkey Meatballs with Red Sauce Peach Crumble Green Beans
15	16	17	18	19
Turkey Lasagna (WGR) with Ricotta & Mozzarella Peas and Carrots Apples	Veggie Chili with Quinoa(WGR), Red Beans, Onions, Carrots, and Tomatoes Oranges	Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla(WGR) Southwest Slaw Bananas	Chicken Tetrazzini w/Mushrooms, Whole Wheat Pasta(WGR) Strawberry-Applesauce Steamed Carrots	Turkey Sliders w/ Lettuce and Tomato Whole Wheat Bun(WGR) Roasted Potatoes Apple Crumble
22	23	24	25	26
Macaroni(WGR) and Cheese with Butternut Squash Puree Peas and Carrot Apples	Chicken Pot Pie with Peas, Carrots, and Onions Oranges Whole Wheat Biscuit (WGR)	Enchilada Casserole with Corn Tortilla(WGR) with Black Beans, Rice and Cheese Green Beans Bananas	Chicken Parmesan with Onions and Peppers Whole Wheat Bread(WGR) Berries and Yogurt	Stroganoff w/Beef Meatballs, Penne (WGR) Fruit Crumble Green Beans
29	30	1	2	3
Chicken Alfredo with Elbow Pasta(WGR) and Cauliflower Puree Peas and Carrots Apples	Vegetarian Lasagna (WGR) with Tofu and Mozzarella Steamed Carrots Oranges	Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla(WGR) Southwest Slaw Bananas	Turkey Sloppy Joe With Whole Wheat Bread(WGR) Strawberry-Applesauce Steamed Carrots	Pizza Casserole with Beef, Mozzarella, and Macaroni(WGR) Pear Crumble Green Beans



All grains used in our menu are whole grain-rich.

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.

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Great Food. Better Lives.

FareStart Lunch Menu:

May 2019

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

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FareStart Lunch Menu:

June 2019

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27 No Meal Delivery	28 Chicken Alfredo with Elbow Pasta(WGR) and Cauliflower Puree Peas and Carrots Apples	29 Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with French Dressing Bananas	30 Turkey Sloppy Joe With Whole Wheat Bread(WGR) Strawberry-Applesauce Steamed Carrots	31 Pizza Casserole with Beef, Mozzarella, and Macaroni(WGR) Pear Crumble Green Beans
3 Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	4 BBQ Chicken Sandwich Southwest Corn Whole Wheat Bun (WGR) Oranges	5 Enchilada Casserole with Black Beans, Rice and cheese Green Beans Bananas	6 Chicken Fajita with Peppers, Carrots, Onions and Celery Berries and Yogurt Whole Wheat Tortilla(WGR)	7 Penne(WGR) with Turkey Meatballs with Red Sauce Peach Crumble Green Beans
10 Turkey Lasagna (WGR) with Ricotta & Mozzarella Peas and Carrots Apples	11 Veggie Chili with Quinoa(WGR), Red Beans, Onions, Carrots, and Tomatoes Oranges	12 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa and Whole Wheat Tortilla(WGR) Southwest Slaw Bananas	13 Chicken Tetrazzini w/Mushrooms, Whole Wheat Pasta(WGR) Strawberry-Applesauce Steamed Carrots	14 Turkey Sliders w/ Lettuce and Tomato Whole Wheat Bun(WGR) Roasted Potatoes Apple Crumble
17 Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Apples	18 Chicken Pot Pie with Peas, Carrots, and Onions Oranges Whole Wheat Biscuit (WGR)	19 Enchilada Casserole with Corn Tortilla(WGR) with Black Beans, Rice and Cheese Green Beans Bananas	20 Chicken Parmesan with Onions and Peppers Whole Wheat Bread(WGR) Berries and Yogurt	21 Stroganoff w/Beef Meatballs, Penne (WGR) Fruit Crumble Green Beans
24 Chicken Alfredo with Elbow Pasta(WGR) and Cauliflower Puree Peas and Carrots Apples	25 Roasted Chicken Drumsticks Mashed Potatoes Whole Wheat Bread(WGR) Oranges	26 Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with French Dressing Bananas	27 Turkey Sloppy Joe With Whole Wheat Bread(WGR) Strawberry-Applesauce Steamed Carrots	28 Pizza Casserole with Beef, Mozzarella, and Macaroni(WGR) Pear Crumble Green Beans



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