



COMMUNITY & SCHOOL MEALS: SAMPLE MENUS

For more information or to set up an informational meeting, contact us at contractmeals@farestart.org or 206.247.5391.

BREAKFAST	Quiche Lorraine, Breakfast Potatoes, Fruit	Granola & Yogurt, Muffin, Fruit	Biscuits & Gravy, Scrambled Eggs, Fruit	Bacon, Cheese & Egg English Muffin Sandwich, Fruit
LUNCH	Roasted Chicken BBQ Wrap w/lettuce & Tomato, Salty Snack, Fruit	Green Goddess Chickpea Sandwich, Salty Snack, Fruit	Roasted Vegetable & Herbed Cream Cheese Sandwich, Salty Snack, Fruit	Turkey & Provolone Sandwich w/ Lettuce & Tomato, Salty Snack, Fruit
DINNER	Pasta Bolognese, Seasonal Vegetable, Seasonal Salad w/ Dressing	Chicken & Edamame Fried Rice, Seasonal Vegetable, Seasonal Salad w/ Dressing	Panang Beef Curry & Brown Rice, Seasonal Vegetable, Seasonal Salad w/ Dressing	Lemon Herb Chicken Sausage Pasta, Seasonal Vegetable, Seasonal Salad w/ Dressing

BREAKFAST	Cereal, Fruit Cup	Granola, Oranges	Yogurt, Mixed Fruit	Overnight Oats, Pineapple
SACK LUNCH	Italian Chickpea Salad Lunch Box, Flatbread, Carrot Sticks, Apple	Turkey & Swiss Sandwich, Celery, Orange	Melty Chicken & Cheddar Sandwich, Broccoli, Apple	Honey Mustard Chicken Sandwich, Celery, Orange
HOT LUNCH	Chicken Fajitas, Corn, Apple	Meatloaf, Roll, Green Beans, Orange	Chicken Parmesan, Peas, Apple	Texas Turkey Chili, Corn Muffin, Carrots, Orange

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