Sample Community Meals Menu

BREAKFAST	French Toast, Syrup, Sausage, Fruit	Oatmeal w/ Dried Fruit & Brown Sugar, Fresh Fruit	Granola & Yogurt, Muffin, Fruit	Sausage & Cheese Breakfast Sandwich, Fruit	Breakfast Bake, Breakfast Potatoes, Fruit	Egg & Cheese Breakfast Sandwich, Fruit	Cereal, Yogurt, Fruit
LUNCH	Turkey Ham & Swiss Sandwich, Salty Snack, Fruit	Meatball Swiss Sub, Marinara Cup, Salty Snack, Fruit	Turkey & Provolone Sandwich, Salty Snack, Fruit	Turkey Ham & American Sandwich, Salty Snack, Fruit &	Buffalo Chicken Wrap, Salty Snack, Fruit	Salisbury Steak & Swiss Sandwich, Salty Snack, Fruit	Breaded Chicken Patty Sandwich, Salty Snack, Fruit
DINNER	Turkey Ragu Pasta, Peas, Salad w/ Dressing*	Cowboy Beans, Corn on the Cob, Cornbread, Salad w/ Dressing*	Chicken Biryani, Veg, Rice, Salad w/ Dressing*	Chicken Enchilada Casserole, Corn, Salad w/ Dressing*	Pizza Pasta w/ Veg, Salad w/ Dressing*	Turkey Taco Rice w/ Veg, Salad w/ Dressing*	Beef Stroganoff w/Veg, Salad w/ Dressing*

Sample School Meals Menu**

BREAKFAST	Mini Wheats (WGR), Fruit Cup	Yogurt, Mixed Fruit	Overnight Oats (WGR), Pineapple
SACK LUNCH	Caesar Chicken Salad Lunchbox, Flatbread (WGR), Broccoli, Apple, Milk*	Turkey & Cheddar Pita Sandwich (WGR), Mayo, Grape Tomatoes, Orange, Milk*	Mild Jerk Chicken Wrap (WGR), Carrot Sticks, Pear Cup, Milk*
HOT LUNCH Regular, Vegetarian and Allergen-Free Examples	REGULAR: Ground Turkey Stroganoff Pasta (WGR), Peas, Pineapple, Milk* VEGETARIAN Veggie Sausage Stroganoff Pasta (WGR), Peas, Pineapple, Milk* ALLERGEN-FREE: (AF) Ground Turkey Stroganoff Pasta, Peas, Pineapple, Lactose-free Milk*	REGULAR: Chicken Alfredo Pasta (WGR), Butternut Squash, Melon, Milk* VEGETARIAN: Tofu Alfredo Pasta (WGR), Butternut Squash, Melon, Milk* ALLERGEN-FREE: (AF) Chicken Alfredo Pasta, Butternut Squash, Melon, Lactose-free Milk*	REGULAR: Beef Chili Mac (WGR), Carrots, Apple, Milk* VEGETARIAN: Veggie Crumble Chili Mac (WGR), Carrots, Apple, Milk* ALLERGEN-FREE: (AF) Beef Chili Mac (WGR), Carrots, Apple, Lactose-free Milk*
SNACK	Soft Pretzel (WGR), Cheese Stick	Peeled Cucumber Slices, Goldfish Crackers (WGR)	Chex Mix (WGR), Turkey
DINNER	Muffin (WGR), Apple Slices, Sunbutter, Celery	French Toast Sticks (WGR), Pineapple Cup, Yogurt, Broccoli	Turkey & Monterey Jack Rollup, Goldfish Crackers (WGR), Carrot Sticks, Fruit Cup

Allergen-Free (AF): Contains none of the top nine allergens as defined by the FDA (wheat, milk, egg, tree nuts, peanuts, fish, shellfish, soy, sesame)
Whole Grain Rich (WGR): At least 50% or more whole grain by weight of item served.
*Some items may not be included in your contract. Contact us for more information.
**All hot and cold school meals offer vegetarian, allergen-free and soft food alternatives.



"FareStart has helped us do more than provide meals—it has helped us create a stronger sense of belonging for the young people we serve. By partnering with us to provide nutritious, hot meals, FareStart helped increase youth participation and ensured more kids could count on a healthy meal each day."

— Boys & Girls Clubs of King County

For more information, contact us at contractmeals@farestart.org, 206.247.5391 or visit farestart.org.