

# FareStart August 2025 Hot Lunch Menu

| Weekday   | Date    | Diet Type     | Main Meal / Vegetable / Fruit (Recipes   Labels)                                                     |
|-----------|---------|---------------|------------------------------------------------------------------------------------------------------|
| Fri       | 8/1/25  | Regular       | Bean & Cheese Quesadilla (WGR) / Corn / Apple Crumble / Milk*                                        |
|           |         | Vegetarian    | Bean & Cheese Quesadilla (WGR) / Corn / Apple Crumble / Milk*                                        |
|           |         | Allergen Free | AF Bean & Cheese Quesadilla (WGR) / Corn / AF Apple Crumble / Lactose-free Milk*                     |
| Monday    | 8/4/25  | Regular       | Chinese Veggie, Tofu, & Edamame Stir Fry / Brown Rice (WGR) / Apple / Milk*                          |
|           |         | Vegetarian    | Chinese Veggie, Tofu, & Edamame Stir Fry / Brown Rice (WGR) / Apple / Milk*                          |
|           |         | Allergen Free | AF Chinese Chicken & Veggie Stir Fry / Brown Rice (WGR) / Apple / Lactose-free Milk*                 |
| Tuesday   | 8/5/25  | Regular       | Chicken Nuggets (WGR) / Sweet & Sour Sauce / Carrots / Orange / Milk*                                |
|           |         | Vegetarian    | Chik'n Nuggets (WGR) / Sweet & Sour Sauce / Carrots / Orange / Milk*                                 |
|           |         | Allergen Free | AF Crispy Chicken / AF Sweet & Sour Sauce / Brown Rice (WGR) / Carrots / Orange / Lactose-free Milk* |
| Wednesday | 8/6/25  | Regular       | Cheesy Pasta Bake (WGR) / Squash / Pineapple / Milk*                                                 |
|           |         | Vegetarian    | Cheesy Pasta Bake (WGR) / Squash / Pineapple / Milk*                                                 |
|           |         | Allergen Free | AF White Bean Pasta Bake / Squash / Pineapple / Milk*                                                |
| Thursday  | 8/7/25  | Regular       | Turkey Cheeseburger / Bun (WGR) / Ketchup / Sweet Potato Fries / Melon / Milk*                       |
|           |         | Vegetarian    | Black Bean Cheeseburger / Bun (WGR) / Ketchup / Sweet Potato Fries / Melon / Milk*                   |
|           |         | Allergen Free | Turkey Burger on Brown Rice (WGR) / Ketchup / Corn / Sweet Potato Fries / Lactose-free Milk*         |
| Fri       | 8/8/25  | Regular       | Chicken Alfredo Pasta (WGR) / Broccoli & Cauliflower / Apple Berry Crumble / *Milk                   |
|           |         | Vegetarian    | White Bean Alfredo Pasta (WGR) / Broccoli & Cauliflower / Apple Berry Crumble / Milk*                |
|           |         | Allergen Free | AF Chicken Alfredo Pasta / Broccoli & Cauliflower / AF Apple Berry Crumble / Lactose-free Milk*      |
| Monday    | 8/11/25 | Regular       | Turkey Taco Rice (WGR) / Corn / Apple / Milk*                                                        |
|           |         | Vegetarian    | Pinto Bean Taco Rice (WGR) / Corn / Apple / Milk*                                                    |
|           |         | Allergen Free | AF Turkey Taco Rice (WGR) / Corn / Apple / Lactose-free Milk*                                        |
| Tuesday   | 8/12/25 | Regular       | Chicken Teriyaki Noodles (WGR) / Carrots / Orange / *Milk                                            |
|           |         | Vegetarian    | Tofu & Edamame Teriyaki Noodles (WGR) / Carrots / Orange / *Milk                                     |
|           |         | Allergen Free | AF Garlic Ginger Chicken & Rice (WGR) / Carrots / Orange / Lactose-free Milk*                        |
| Wednesday | 8/13/25 | Regular       | Macaroni (WGR) & Cheese w/ Sliced Turkey Dogs / Peas / Pineapple / Milk*                             |
|           |         | Vegetarian    | Macaroni (WGR) & Cheese w/ Baked Tofu Pieces / Peas / Pineapple / Milk*                              |
|           |         | Allergen Free | AF Macaroni (WGR) & Cheese w/ Sliced Turkey Dogs / Peas / Pineapple / Lactose-free Milk*             |
| Thursday  | 8/14/25 | Regular       | Turkey Sloppy Joes / Bun (WGR) / Salad / Ranch / Melon / Milk*                                       |
|           |         | Vegetarian    | Veggie Sausage Sloppy Joes / Bun (WGR) / Salad / Ranch / Melon / Milk*                               |
|           |         | Allergen Free | AF Turkey Sloppy Joes on Rice (WGR) / Salad / AF Italian / Melon / Lactose-free Milk*                |
| Fri       | 8/15/25 | Regular       | Cheesy Flatbread Pizza (WGR) / Zucchini / Apple Crumble / Milk*                                      |
|           |         | Vegetarian    | Cheesy Flatbread Pizza (WGR) / Zucchini / Apple Crumble / Milk*                                      |
|           |         | Allergen Free | AF Pasta (WGR) w/ Chicken & Red Sauce / Zucchini / AF Apple Crumble / Lactose-free Milk*             |
| Monday    | 8/18/25 | Regular       | Lemon Chicken Pasta (WGR) / Carrots / Peas / Milk*                                                   |
|           |         | Vegetarian    | Lemon Tofu Pasta (WGR) / Carrots / Peas / Milk*                                                      |
|           |         | Allergen Free | AF Lemon Chicken Pasta (WGR) / Carrots / Peas / Lactose-free Milk*                                   |
| Tuesday   | 8/19/25 | Regular       | Fajita Chicken / Tortilla (WGR) / Carrots / Orange / Milk*                                           |
|           |         | Vegetarian    | Fajita Tofu / Tortilla (WGR) / Carrots / Orange / Milk*                                              |
|           |         | Allergen Free | AF Fajita Chicken / AF Corn Tortilla (WGR) / AF Carrots / Orange / Lactose-free Milk*                |
| Wednesday | 8/20/25 | Regular       | Ground Turkey Stroganoff Pasta (WGR) / Zucchini / Pineapple / Milk*                                  |
|           |         | Vegetarian    | Veggie Sausage Stroganoff Pasta (WGR) / Zucchini / Pineapple / Milk*                                 |
|           |         | Allergen Free | AF Ground Turkey Stroganoff Pasta / Zucchini / Pineapple / Lactose-free Milk*                        |
| Thursday  | 8/21/25 | Regular       | Roasted Chicken & Lemon Brown Rice (WGR) / Green Beans / Melon / Milk*                               |
|           |         | Vegetarian    | Morningstar Chik'n Nuggets & Lemon Brown Rice (WGR) / Green Beans / Melon / Milk*                    |
|           |         | Allergen Free | AF Roasted Chicken & Lemon Brown Rice (WGR) / Green Beans / Melon / Lactose-free Milk*               |
| Fri       | 8/22/25 | Regular       | Chicken Parmesan (WGR) / Cheesy Cauliflower / Apple Crumble / Milk* [+WGR Roll for Adults]           |
|           |         | Vegetarian    | Chik'n Nugget Parmesan (WGR) / Cheesy Cauliflower / Apple Crumble / Milk* [+WGR Roll for Adults]     |
|           |         | Allergen Free | AF Chicken Parmesan Pasta (WGR) / AF "Cheesy" Cauliflower / AF Apple Crumble / Lactose-free Milk*    |
| Monday    | 8/25/25 | Regular       | Meatloaf / Roll (WGR) / Carrots / Apple / Milk*                                                      |
|           |         | Vegetarian    | Black Bean Loaf / Roll (WGR) / Carrots / Apple / Milk*                                               |
|           |         | Allergen Free | AF Meatloaf on Brown Rice (WGR) / Carrots / Apple / Lactose-free Milk*                               |
| Tuesday   | 8/26/25 | Regular       | Pulled BBQ Chicken Sandwich / Bun (WGR) / Peas / Orange / Milk*                                      |
|           |         | Vegetarian    | BBQ Tofu Sandwich / Bun (WGR) / Peas / Orange / Milk*                                                |
|           |         | Allergen Free | AF Pulled BBQ Chicken / AF Corn Muffin (WGR) / Peas / Orange / Lactose-free Milk*                    |
| Wednesday | 8/27/25 | Regular       | Spaghetti (WGR) w/ Ground Turkey & Fresh Tomato Sauce / Zucchini / Pineapple / Milk*                 |
|           |         | Vegetarian    | Spaghetti (WGR) w/ Veggie Sausage & Fresh Tomato Sauce / Zucchini / Pineapple / Milk*                |
|           |         | Allergen Free | AF Pasta (WGR) w/ Ground Turkey & Fresh Tomato Sauce / Zucchini / Pineapple / Lactose-free Milk*     |
| Thursday  | 8/28/25 | Regular       | Chicken Gyro / Pita (WGR) / Cucumber & Tomato / Tzatziki / Melon / Milk*                             |
|           |         | Vegetarian    | Chickpea Gyro / Pita (WGR) / Cucumber & Tomato / Tzatziki / Melon / Milk*                            |
|           |         | Allergen Free | AF Chicken Gyro on Rice (WGR) / Cucumber & Tomato / Melon / Lactose-free Milk*                       |
| Fri       | 8/29/25 | Regular       | Bean & Cheese Quesadilla (WGR) / Corn / Apple Crumble / Milk*                                        |
|           |         | Vegetarian    | Bean & Cheese Quesadilla (WGR) / Corn / Apple Crumble / Milk*                                        |
|           |         | Allergen Free | AF Bean & Cheese Quesadilla (WGR) / Corn / AF Apple Crumble / Lactose-free Milk*                     |