

# FareStart April 2024 Hot Lunch Menu

Weekday	Date	Diet Type	Main Meal / Vegetable / Fruit (Recipes   Labels)
Monday	4/1/24	<b>Regular</b>	Chicken Fajitas / Tortilla (WGR) / Corn / Apple / Milk*
		<b>Vegetarian</b>	Tempeh Fajitas / Tortilla (WGR) / Corn / Apple / Milk*
		<b>Allergen Free</b>	AF Chicken Fajitas / Corn Tortilla (WGR) / Corn / Apple / Lactose-free Milk*
Tuesday	4/2/24	<b>Regular</b>	Meatloaf / Roll (WGR) / Cauliflower, Broccoli, And Carrots / Orange / Milk*
		<b>Vegetarian</b>	Black Bean Loaf / Roll (WGR) / Cauliflower, Broccoli, And Carrots / Orange / Milk*
		<b>Allergen Free</b>	AF Meatloaf on Brown Rice (WGR) / Cauliflower, Broccoli, And Carrots / Orange / Lactose-free Milk*
Wednesday	4/3/24	<b>Regular</b>	Chicken Parmesan (WGR) / Peas / Apple / Milk*
		<b>Vegetarian</b>	Chik'n Nugget Parmesan (WGR) / Peas / Apple / Milk*
		<b>Allergen Free</b>	AF Chicken Parmesan Pasta (WGR) / Peas / Apple / Lactose-free Milk*
Thursday	4/4/24	<b>Regular</b>	Texas Turkey Chili / Corn Muffin (WGR) / Carrots / Orange / Milk*
		<b>Vegetarian</b>	Texas Red Bean Chili / Corn Muffin (WGR) / Carrots / Orange / Milk*
		<b>Allergen Free</b>	AF Texas Turkey Chili / AF Corn Muffin (WGR) / Carrots / Orange / Lactose-free Milk*
Fri	4/5/24	<b>Regular</b>	Cheesy Flatbread Pizza (WGR) / Green Salad / Ranch Dressing / Apple Crumble / Milk*
		<b>Vegetarian</b>	Cheesy Flatbread Pizza (WGR) / Green Salad / Ranch Dressing / Apple Crumble / Milk*
		<b>Allergen Free</b>	AF Pasta (WGR) w/ Chicken & Red Sauce / Green Salad / AF Italian Dressing / AF Apple Crumble / Lactose-free Milk*
Monday	4/8/24	<b>Regular</b>	Chicken Enchilada Casserole in Corn Tortilla (WGR) / Corn / Apple / Milk*
		<b>Vegetarian</b>	Pinto Bean Enchilada Casserole in Corn Tortilla (WGR) / Corn / Apple / Milk*
		<b>Allergen Free</b>	AF Chicken Enchilada Casserole in Corn Tortilla (WGR) / Corn / Apple / Lactose-free Milk*
Tuesday	4/9/24	<b>Regular</b>	Baked Chicken & Brown Rice (WGR) / Green Beans / Orange / Milk*
		<b>Vegetarian</b>	Baked Tofu & Brown Rice (WGR) / Green Beans / Orange / Milk*
		<b>Allergen Free</b>	Baked Chicken & Brown Rice (WGR) / Green Beans / Orange / Lactose-free Milk*
Wednesday	4/10/24	<b>Regular</b>	Bean & Cheese Quesadilla (WGR) / Cauliflower, Broccoli, And Carrots / Apple / Milk*
		<b>Vegetarian</b>	Bean & Cheese Quesadilla (WGR) / Cauliflower, Broccoli, And Carrots / Apple / Milk*
		<b>Allergen Free</b>	Bean & AF Cheese Quesadilla (WGR) / Cauliflower, Broccoli, And Carrots / Apple / Lactose-free Milk*
Thursday	4/11/24	<b>Regular</b>	Chicken Pot Pie w/ Peas & Carrots / Biscuit (WGR) / Orange / Milk*
		<b>Vegetarian</b>	Chickpea Pot Pie w/ Peas & Carrots / Biscuit (WGR) / Orange / Milk*
		<b>Allergen Free</b>	AF Chicken Pot Pie w/ Peas & Carrots on Brown Rice (WGR) / Orange / Lactose-free Milk*
Fri	4/12/24	<b>Regular</b>	Turkey Cheeseburger / Bun (WGR) / Ketchup / Sweet Potato Fries / Apple Crumble / Milk*
		<b>Vegetarian</b>	Black Bean Cheeseburger / Bun (WGR) / Ketchup / Sweet Potato Fries / Apple Crumble / Milk*
		<b>Allergen Free</b>	Turkey Burger on Brown Rice / Ketchup / Sweet Potato Fries / AF Apple Crumble / Lactose-free Milk*
Monday	4/15/24	<b>Regular</b>	Spinach Pasta Bake (WGR) / Apple / Milk*
		<b>Vegetarian</b>	Spinach Pasta Bake (WGR) / Apple / Milk*
		<b>Allergen Free</b>	AF White Bean & Spinach Pasta (WGR) Bake / Apple / Lactose-free Milk*
Tuesday	4/16/24	<b>Regular</b>	Teriyaki Chicken Stir Fry / Brown Rice (WGR) / Peas / Orange / Milk*
		<b>Vegetarian</b>	Teriyaki Tofu & Edamame Stir Fry / Brown Rice (WGR) / Peas / Orange / Milk*
		<b>Allergen Free</b>	AF Garlic Ginger Chicken Stir Fry / Brown Rice (WGR) / Peas / Orange / Lactose-free Milk*
Wednesday	4/17/24	<b>Regular</b>	Macaroni (WGR) & Cheese w/ Sliced Turkey Dogs / Zucchini / Apple / Milk*
		<b>Vegetarian</b>	Macaroni (WGR) & Cheese w/ Baked Tofu Pieces / Zucchini / Apple / Milk*
		<b>Allergen Free</b>	AF Macaroni (WGR) & Cheese w/ Sliced Turkey Dogs / Zucchini / Apple / Lactose-free Milk*
Thursday	4/18/24	<b>Regular</b>	Bean & Cheese Burrito (WGR) / Corn / Orange / Milk*
		<b>Vegetarian</b>	Bean & Cheese Burrito (WGR) / Corn / Orange / Milk*
		<b>Allergen Free</b>	AF Bean & "Cheese" Burrito Bowl (WGR) / Corn / Orange / Lactose-free Milk*
Fri	4/19/24	<b>Regular</b>	Turkey Sloppy Joes / Bun (WGR) / Cauliflower, Broccoli, And Carrots / Apple Crumble / Milk*
		<b>Vegetarian</b>	Lentil Sloppy Joes / Bun (WGR) / Cauliflower, Broccoli, And Carrots / Apple Crumble / Milk*
		<b>Allergen Free</b>	AF Turkey Sloppy Joes on Brown Rice (WGR) / Cauliflower, Broccoli, And Carrots / AF Apple Crumble / Lactose-free Milk*
Monday	4/22/24	<b>Regular</b>	Spaghetti (WGR) w/ Ground Turkey Marinara / Zucchini / Apple / Milk*
		<b>Vegetarian</b>	Spaghetti (WGR) w/ Ground Tempeh Marinara / Zucchini / Apple / Milk*
		<b>Allergen Free</b>	AF Pasta (WGR) w/ Ground Turkey Marinara / Zucchini / Apple / Lactose-free Milk*
Tuesday	4/23/24	<b>Regular</b>	Chicken & Pea Pasta (WGR) Alfredo / Orange / Milk*
		<b>Vegetarian</b>	White Bean & Pea Pasta (WGR) Alfredo / Orange / Milk*
		<b>Allergen Free</b>	AF Chicken & Pea Pasta (WGR) Alfredo / Orange / Lactose-free Milk*
Wednesday	4/24/24	<b>Regular</b>	Roasted Chicken / Brown Rice (WGR) / Carrots / Apple / Milk*
		<b>Vegetarian</b>	Baked Tofu & Edamame / Brown Rice (WGR) / Carrots / Apple / Milk*
		<b>Allergen Free</b>	Roasted Chicken / Brown Rice (WGR) / Carrots / Apple / Lactose-free Milk*
Thursday	4/25/24	<b>Regular</b>	Mini Chicken Corn Dogs (WGR) / BBQ Sauce / Green Beans / Orange / Milk*
		<b>Vegetarian</b>	Chik'n Nuggets (WGR) / BBQ Sauce / Green Beans / Orange / Milk*
		<b>Allergen Free</b>	Turkey Dog / AF BBQ Sauce / AF Corn Muffin (WGR) / Green Beans / Orange / Lactose-free Milk*
Fri	4/26/24	<b>Regular</b>	Cheeseburger / Bun (WGR) / Ketchup / Sweet Potato Fries / Apple Crumble / Milk*
		<b>Vegetarian</b>	Black Bean Cheeseburger / Bun (WGR) / Ketchup / Sweet Potato Fries / Apple Crumble / Milk*
		<b>Allergen Free</b>	Hamburger on Brown Rice (WGR) / Ketchup / Sweet Potato Fries / AF Apple Crumble / Lactose-free Milk*
Monday	4/29/24	<b>Regular</b>	Chicken Fajitas / Tortilla (WGR) / Corn / Apple / Milk*
		<b>Vegetarian</b>	Tempeh Fajitas / Tortilla (WGR) / Corn / Apple / Milk*
		<b>Allergen Free</b>	AF Chicken Fajitas / Corn Tortilla (WGR) / Corn / Apple / Lactose-free Milk*
Tuesday	4/30/24	<b>Regular</b>	Meatloaf / Roll (WGR) / Green Beans / Orange / Milk*
		<b>Vegetarian</b>	Black Bean Loaf / Roll (WGR) / Green Beans / Orange / Milk*
		<b>Allergen Free</b>	AF Meatloaf on Brown Rice (WGR) / Green Beans / Orange / Lactose-free Milk*
Toddler modifications to prevent choking hazards include, but may not be limited to, steamed/blanched vegetables in place of raw vegetables, bite-sized or sauce alternatives			
<b>Acronym Key</b>			
AF	Allergen Free - Contains none of the top 9 allergens as defined by the FDA (Wheat, Milk, Egg, Tree Nuts, Peanuts, Fish, Shellfish, Soy, Sesame)		
WGR	Whole Grain Rich - At least 50% or more whole grain by weight of item served		