

FareStart Hot Lunch Menu November 2022

Weekday	Date	Diet Type	Main Meal / Vegetable / Fruit
Tuesday	11/1/22	Regular	Roasted Chicken w/ Green Bean Casserole / Whole Wheat Roll (WGR) / Pears / Milk*
		Vegetarian	Seasoned Baked Tofu w/ Green Bean Casserole / Whole Wheat Roll (WGR) / Pears / Milk*
		Allergen Free	AF Roasted Chicken w/ Brown Rice (WGR) / Green Beans & Mushrooms / Pears / Lactose-free Milk*
Wednesday	11/2/22	Regular	Chicken Enchilada Casserole w/ Corn, Peppers, & Onions in Whole Wheat Tortilla (WGR) / Oranges / Milk*
		Vegetarian	Tempeh Enchilada Casserole w/ Corn, Peppers, & Onions in Whole Wheat Tortilla (WGR) / Oranges / Milk*
		Allergen Free	AF Chicken Enchilada Casserole w/ Corn, Peppers, & Onions in Corn Tortilla (WGR) / Oranges / Lactose-free Milk*
Thursday	11/3/22	Regular	Chicken Pad Thai w/ Spaghetti (WGR), Carrots, Cabbage, & Green Onion / Melon Wedges / Milk*
		Vegetarian	Tofu Pad Thai w/ Spaghetti (WGR), Carrots, Cabbage, & Green Onion / Melon Wedges / Milk*
		Allergen Free	Chicken & Brown Rice (WGR) Sauteed w/ Carrots, Cabbage, & Green Onion / Melon Wedges / Lactose-free Milk*
Fri	11/4/22	Regular	Cheesy Baked Penne (WGR) / Roasted Cauliflower, Bell Pepper, & Onion / Fruit Crumble / Milk*
		Vegetarian	Cheesy Baked Penne (WGR) / Roasted Cauliflower, Bell Pepper, & Onion / Fruit Crumble / Milk*
		Allergen Free	AF White Bean Marinara Pasta Bake (WGR) / Roasted Cauliflower, Bell Pepper, & Onion / AF Fruit Crumble / Lactose-free Milk*
Monday	11/7/22	Regular	Crispy Chicken w/ Stir Fried Brown Rice (WGR), Sesame, Peas, & Carrots / Apples / Milk*
		Vegetarian	Crispy Tofu w/ Stir Fried Brown Rice (WGR), Sesame, Peas, & Carrots / Apples / Milk*
		Allergen Free	Crispy Chicken w/ Stir Fried Brown Rice (WGR), Sesame, Peas, & Carrots / Apples / Lactose-free Milk*
Tuesday	11/8/22	Regular	White Bean Pasta (WGR) w/ Marinara Sauce & Parmesan Cheese / Roasted Zucchini & Bell Peppers / Pears / Milk*
		Vegetarian	White Bean Pasta (WGR) w/ Marinara Sauce & Parmesan Cheese / Roasted Zucchini & Bell Peppers / Pears / Milk*
		Allergen Free	White Bean AF Pasta (WGR) w/ Marinara Sauce / Roasted Zucchini & Bell Peppers / Pears / Lactose-free Milk*
Wednesday	11/9/22	Regular	Roasted Chicken w/ Brown Rice (WGR) / Creamed Spinach / Oranges / Milk*
		Vegetarian	Seasoned Baked Tofu w/ Brown Rice (WGR) / Creamed Spinach / Oranges / Milk*
		Allergen Free	Roasted Chicken w/ Brown Rice (WGR) / Sauteed Spinach / Oranges / Lactose-free Milk*
Thursday	11/10/22	Regular	Chicken Chili Verde w/ Whole Wheat Tortilla (WGR) / Winter Squash / Melon Wedges / Milk*
		Vegetarian	White Bean Chili Verde w/ Whole Wheat Tortilla (WGR) / Winter Squash / Melon Wedges / Milk*
		Allergen Free	Chicken Chili Verde w/ Corn Tortilla (WGR) / Winter Squash / Melon Wedges / Lactose-free Milk*
Fri	11/11/22	Regular	Veteran's Day - No FareStart Meals Served
		Vegetarian	Veteran's Day - No FareStart Meals Served
		Allergen Free	Veteran's Day - No FareStart Meals Served
Monday	11/14/22	Regular	Lentil Cassoulet w/ Lemon Garlic Brown Rice (WGR) / Winter Squash & Kale / Apples / Milk*
		Vegetarian	Lentil Cassoulet w/ Lemon Garlic Brown Rice (WGR) / Winter Squash & Kale / Apples / Milk*
		Allergen Free	AF Lentil Cassoulet w/ Lemon Garlic Brown Rice (WGR) / Winter Squash & Kale / Apples / Lactose-free Milk*
Tuesday	11/15/22	Regular	Thai Crispy Chicken w/ Sweet Chili Sauce on Brown Rice (WGR) / Ginger Carrots / Pears / Milk*
		Vegetarian	Thai Crispy Tofu w/ Sweet Chili Sauce on Brown Rice (WGR) / Ginger Carrots / Pears / Milk*
		Allergen Free	AF Thai Crispy Chicken w/ Sweet Chili Sauce on Brown Rice (WGR) / Ginger Carrots / Pears / Lactose-free Milk*
Wednesday	11/16/22	Regular	Turkey Hot Dog Macaroni (WGR) & Cheese / Green Beans / Oranges / Milk*
		Vegetarian	Smoked Paprika Baked Tofu in Macaroni (WGR) & Cheese / Green Beans / Oranges / Milk*
		Allergen Free	AF Turkey Hot Dogs in AF Pasta (WGR) w/ Tomato Sauce / Green Beans / Oranges / Lactose-free Milk*
Thursday	11/17/22	Regular	Chicken Pot Pie w/ Peas & Carrots / Biscuit (WGR) / Melon Wedges / Milk*
		Vegetarian	Chicken Pot Pie w/ Peas & Carrots / Biscuit (WGR) / Melon Wedges / Milk*
		Allergen Free	AF Chicken Pot Pie w/ Peas & Carrots on Brown Rice (WGR) / Melon Wedges / Lactose-free Milk*
Fri	11/18/22	Regular	Black Bean & Cheese Quesadilla on Whole Wheat Tortilla (WGR) / Corn & Squash / Apple Crumble / Milk*
		Vegetarian	Black Bean & Cheese Quesadilla on Whole Wheat Tortilla (WGR) / Corn & Squash / Apple Crumble / Milk*
		Allergen Free	AF Black Bean Quesadilla on Corn Tortilla (WGR) / Corn & Squash / AF Apple Crumble / Lactose-free Milk*
Monday	11/21/22	Regular	Edamame Fried Brown Rice (WGR) w/ Peas, Carrots, & Onions / Pears / Milk*
		Vegetarian	Edamame Fried Brown Rice (WGR) w/ Peas, Carrots, & Onions / Pears / Milk*
		Allergen Free	AF White Bean Fried Brown Rice (WGR) w/ Peas, Carrots, & Onions / Pears / Lactose-free Milk*
Tuesday	11/22/22	Regular	Chicken Broccoli Alfredo w/ Pasta (WGR) / Oranges / Milk*
		Vegetarian	Seasoned Tofu & Broccoli Alfredo w/ Pasta (WGR) / Oranges / Milk*
		Allergen Free	AF Chicken Broccoli Pasta (WGR) w/ Garlic Dressing / Oranges / Lactose-free Milk*
Wednesday	11/23/22	Regular	Roasted Chicken w/ Brown Rice (WGR) / Kale & Carrot Medley / Melon Wedges / Milk*
		Vegetarian	Baked Tofu w/ Brown Rice (WGR) / Kale & Carrot Medley / Melon Wedges / Milk*
		Allergen Free	AF Roasted Chicken w/ Brown Rice (WGR) / Kale & Carrot Medley / Melon Wedges / Lactose-free Milk*
Thursday	11/24/22	Regular	Thanksgiving Day - No FareStart Meals Served
		Vegetarian	Thanksgiving Day - No FareStart Meals Served
		Allergen Free	Thanksgiving Day - No FareStart Meals Served
Fri	11/25/22	Regular	Native American Heritage Day - No FareStart Meals Served
		Vegetarian	Native American Heritage Day - No FareStart Meals Served
		Allergen Free	Native American Heritage Day - No FareStart Meals Served
Monday	11/28/22	Regular	Lentil Marinara on Spaghetti (WGR) / Peas & Carrots / Apples / Milk*
		Vegetarian	Lentil Marinara on Spaghetti (WGR) / Peas & Carrots / Apples / Milk*
		Allergen Free	AF Lentil Marinara on AF Pasta (WGR) / Peas & Carrots / Apples / Lactose-free Milk*
Tuesday	11/29/22	Regular	Chicken Fajita w/ Sauteed Peppers & Onions / Whole Wheat Tortilla (WGR) / Cheese & Salsa Sides / Winter Squash / Pears / Milk*
		Vegetarian	Tempeh Fajita w/ Sauteed Peppers & Onions / Whole Wheat Tortilla (WGR) / Cheese & Salsa Sides / Winter Squash / Pears / Milk*
		Allergen Free	AF Chicken Fajita w/ Sauteed Peppers & Onions / Corn Tortilla (WGR) / Side of Salsa / Winter Squash / Pears / Lactose-free Milk*
Wednesday	11/30/22	Regular	Beef Cottage Pie w/ Peas & Carrots / Whole Wheat Roll (WGR) / Oranges / Milk*
		Vegetarian	Lentil Cottage Pie w/ Peas & Carrots / Whole Wheat Roll (WGR) / Oranges / Milk*
		Allergen Free	AF Beef Cottage Pie w/ Peas & Carrots / Rice Cakes (WGR) / Oranges / Lactose-free Milk*

*Milk served is 1%. Milk is not provided to all sites. If this is not part of your contract, please ignore.