

FareStart Hot Lunch Menu August 2022

Weekday	Date	Diet Type	Main Meal / Vegetable / Fruit
Monday	8/1/22	Regular	Black Bean Burrito Bowl w/ Cheese, Corn, Peppers, Onions, Salsa, & Cilantro Lime Brown Rice (WGR) / Melon Wedges / Milk*
		Vegetarian	Black Bean Burrito Bowl w/ Cheese, Corn, Peppers, Onions, Salsa, & Cilantro Lime Brown Rice (WGR) / Melon Wedges / Milk*
		Allergen Free	Black Bean Burrito Bowl w/ Corn, Peppers, Onions, Salsa, & Cilantro Lime Brown Rice (WGR) / Melon Wedges / Lactose-free Milk*
Tuesday	8/2/22	Regular	Spaghetti (WGR) w/ Beef & Chicken Meatballs / Cauliflower / Oranges / Milk*
		Vegetarian	Spaghetti (WGR) & White Beans / Cauliflower / Oranges / Milk*
		Allergen Free	AF Pasta (WGR) & White Beans / Cauliflower / Oranges / Lactose-free Milk*
Wednesday	8/3/22	Regular	Creamy Chicken & Brown Rice (WGR) / Peas / Apples / Milk*
		Vegetarian	Creamy Tempeh & Brown Rice (WGR) / Peas / Apples / Milk*
		Allergen Free	AF Creamy Chicken & Brown Rice (WGR) / Peas / Apples / Lactose-free Milk*
Thursday	8/4/22	Regular	Turkey "Fried" Brown Rice (WGR) / Carrots, Greens, Yellow Wax Beans / Pears / Milk*
		Vegetarian	Edamame "Fried" Brown Rice (WGR) / Carrots, Greens, Yellow Wax Beans / Pears / Milk*
		Allergen Free	AF Turkey "Fried" Brown Rice (WGR) / Carrots, Greens, Yellow Wax Beans / Pears / Lactose-free Milk*
Fri	8/5/22	Regular	Cheesy Pita Pizza (WGR) / Summer Squash / Peach Crumble / Milk*
		Vegetarian	Cheesy Pita Pizza (WGR) / Summer Squash / Peach Crumble / Milk*
		Allergen Free	AF White Bean & Veggie Pizza Pasta Salad (WGR) / Summer Squash / AF Peach Crumble / Lactose-free Milk*
Monday	8/8/22	Regular	Red Beans & Brown Rice (WGR) / Green Beans / Melon Wedges / Milk*
		Vegetarian	Red Beans & Brown Rice (WGR) / Green Beans / Melon Wedges / Milk*
		Allergen Free	Red Beans & Brown Rice (WGR) / Green Beans / Melon Wedges / Lactose-free Milk*
Tuesday	8/9/22	Regular	Ground Turkey in Macaroni (WGR) & Cheese / Carrots / Oranges / Milk*
		Vegetarian	Seasoned Tempeh in Macaroni (WGR) & Cheese / Carrots / Oranges / Milk*
		Allergen Free	Ground Turkey in AF Macaroni (WGR) & AF Cheese / Carrots / Oranges / Lactose-free Milk*
Wednesday	8/10/22	Regular	Seasoned Chicken w/ Brown Rice (WGR) / Summer Squash & Zucchini / Apples / Milk*
		Vegetarian	Seasoned Chickpeas w/ Brown Rice (WGR) / Summer Squash & Zucchini / Apples / Milk*
		Allergen Free	Seasoned Chicken w/ Brown Rice (WGR) / Summer Squash & Zucchini / Apples / Lactose-free Milk*
Thursday	8/11/22	Regular	Pinto Bean, Brown Rice, & Cheddar Burrito on Whole Wheat Tortilla (WGR) / Corn Succotash / Pears / Milk*
		Vegetarian	Pinto Bean, Brown Rice, & Cheddar Burrito on Whole Wheat Tortilla (WGR) / Corn Succotash / Pears / Milk*
		Allergen Free	Pinto Bean, Brown Rice, & AF Cheese on Corn Tortilla (WGR) / Corn Succotash / Pears / Lactose-free Milk*
Fri	8/12/22	Regular	Hamburger w/ Lettuce & Tomato on Whole Wheat Bun (WGR) / Sweet Potato Wedges / Fruit Crumble / Milk*
		Vegetarian	Black Bean Burger w/ Lettuce, & Tomato on Whole Wheat Bun (WGR) / Sweet Potato Wedges / Fruit Crumble / Milk*
		Allergen Free	Hamburger w/ Lettuce & Tomato on Chia Bun / Rice Cakes (WGR) / Sweet Potato Wedges / AF Fruit Crumble / Lactose-free Milk*
Monday	8/15/22	Regular	White Bean & Pesto Brown Rice (WGR) w/ Tomato / Cheesy Cauliflower / Melon Wedges / Milk*
		Vegetarian	White Bean & Pesto Brown Rice (WGR) w/ Tomato / Cheesy Cauliflower / Melon Wedges / Milk*
		Allergen Free	White Bean & Basil Pistou Brown Rice (WGR) w/ Tomato / AF Cheesy Cauliflower / Melon Wedges / Lactose-free Milk*
Tuesday	8/16/22	Regular	Turkey Pasta Alfredo (WGR) / Asparagus / Oranges / Milk*
		Vegetarian	Tempeh Pasta Alfredo (WGR) / Asparagus / Oranges / Milk*
		Allergen Free	Turkey AF Pasta (WGR) w/ Garlic & Herb Dressing / Asparagus / Oranges / Lactose-free Milk*
Wednesday	8/17/22	Regular	Black Bean & Cheese Quesadilla on Whole Wheat Tortilla (WGR) / Corn, Bell Peppers, & Onions / Apples / Milk*
		Vegetarian	Black Bean & Cheese Quesadilla on Whole Wheat Tortilla (WGR) / Corn, Bell Peppers, & Onions / Apples / Milk*
		Allergen Free	Black Bean & AF Cheese Quesadilla on Corn Tortilla (WGR) / Corn, Bell Peppers, & Onions / Apples / Lactose-free Milk*
Thursday	8/18/22	Regular	Beef & Mushroom Stroganoff over Pasta (WGR) / Peas / Pears / Milk*
		Vegetarian	Lentil & Mushroom Stroganoff over Pasta (WGR) / Peas / Pears / Milk*
		Allergen Free	Beef & Mushroom AF Stroganoff over AF Pasta (WGR) / Peas / Pears / Lactose-free Milk*
Fri	8/19/22	Regular	BBQ Pulled Chicken w/ Whole Wheat Bun (WGR) / Corn / Berry Crumble / Milk*
		Vegetarian	BBQ Tempeh Strips w/ Whole Wheat Bun (WGR) / Corn / Berry Crumble / Milk*
		Allergen Free	AF BBQ Pulled Chicken w/ Brown Rice (WGR) / Corn / AF Berry Crumble / Lactose-free Milk*
Monday	8/22/22	Regular	White Bean & Tomato Pasta (WGR) / Zucchini / Melon Wedges / Milk*
		Vegetarian	White Bean & Tomato Pasta (WGR) / Zucchini / Melon Wedges / Milk*
		Allergen Free	White Bean & Tomato AF Pasta (WGR) / Zucchini / Melon Wedges / Lactose-free Milk*
Tuesday	8/23/22	Regular	Ground Turkey w/ Corn, Bell Pepper, & Onion on Brown Rice (WGR) / Oranges / Milk*
		Vegetarian	Blackeyed Peas w/ Corn, Bell Pepper, & Onion on Brown Rice (WGR) / Oranges / Milk*
		Allergen Free	Ground Turkey w/ Corn, Bell Pepper, & Onion on Brown Rice (WGR) / Oranges / Soy Milk*
Wednesday	8/24/22	Regular	Chicken Pot Pie w/ Peas & Carrots & Biscuit (WGR) / Apples / Milk*
		Vegetarian	Chickpea Pot Pie w/ Peas & Carrots & Biscuit (WGR) / Apples / Milk*
		Allergen Free	AF Chicken Pot Pie w/ Peas & Carrots & AF Biscuit (WGR) / Apples / Lactose-free Milk*
Thursday	8/25/22	Regular	Chicken Enchilada Casserole w/ Corn, Peppers, & Onions in Whole Wheat Tortilla (WGR) / Pears / Milk*
		Vegetarian	Tempeh Enchilada Casserole w/ Corn, Peppers, & Onions in Whole Wheat Tortilla (WGR) / Pears / Milk*
		Allergen Free	AF Chicken Enchilada Casserole w/ Corn, Peppers, & Onions in Corn Tortilla (WGR) / Pears / Lactose-free Milk*
Fri	8/26/22	Regular	Mini Chicken Corn Dogs (WGR) w/ Ketchup & Mustard / Carrots / Apple Crumble / Milk*
		Vegetarian	Brown Rice (WGR) & Bean Egg Frittata / Carrots / Apple Crumble / Milk*
		Allergen Free	All Beef Hot Dogs w/ Toppings on AF Bun / Brown Rice (WGR) / Carrots / AF Apple Crumble / Lactose-free Milk*
Monday	8/29/22	Regular	Moroccan Chickpea Stew w/ Tomatoes & Spinach / Brown Rice (WGR) / Melon Wedges / Milk*
		Vegetarian	Moroccan Chickpea Stew w/ Tomatoes & Spinach / Brown Rice (WGR) / Melon Wedges / Milk*
		Allergen Free	Moroccan Chickpea Stew w/ Tomatoes & Spinach / Brown Rice (WGR) / Melon Wedges / Lactose-free Milk*
Tuesday	8/30/22	Regular	Fajita Chicken w/ Peppers & Onions / Whole Wheat Tortilla (WGR) / Zucchini / Oranges / Milk*
		Vegetarian	Fajita Pinto Beans w/ Peppers & Onions / Whole Wheat Tortilla (WGR) / Zucchini / Oranges / Milk*
		Allergen Free	Fajita Pinto Beans w/ Peppers & Onions / Corn Tortilla (WGR) / Zucchini / Oranges / Lactose-free Milk*
Wednesday	8/31/22	Regular	Turkey Sloppy Joe on Whole Wheat Bun (WGR) / Peas / Apples / Milk*
		Vegetarian	Lentil Sloppy Joe on Whole Wheat Bun (WGR) / Peas / Apples / Milk*
		Allergen Free	AF Turkey Sloppy Joe w/ Brown Rice (WGR) / Peas / Apples / Lactose-free Milk*