

## FareStart Hot Lunch Menu January 2023

Weekday	Date	Diet Type	Main Meal / Vegetable / Fruit
Monday	1/2/23	<b>Regular</b>	New Year's Day Observed - No FareStart Meals Served
		<b>Vegetarian</b>	New Year's Day Observed - No FareStart Meals Served
		<b>Allergen Free</b>	New Year's Day Observed - No FareStart Meals Served
Tuesday	1/3/23	<b>Regular</b>	Chicken Broccoli Alfredo w/ Pasta (WGR) / Apples / Milk*
		<b>Vegetarian</b>	Seasoned Tofu & Broccoli Alfredo w/ Pasta (WGR) / Apples / Milk*
		<b>Allergen Free</b>	AF Chicken Broccoli Pasta (WGR) w/ Garlic Dressing / Apples / Lactose-free Milk*
Wednesday	1/4/23	<b>Regular</b>	Roasted Chicken w/ Lemon Garlic Brown Rice (WGR) / Kale & Carrot Medley / Oranges / Milk*
		<b>Vegetarian</b>	Seasoned Baked Tofu w/ Lemon Garlic Brown Rice (WGR) / Kale & Carrot Medley / Oranges / Milk*
		<b>Allergen Free</b>	Roasted Chicken w/ Lemon Garlic Brown Rice (WGR) / Kale & Carrot Medley / Oranges / Lactose-free Milk*
Thursday	1/5/23	<b>Regular</b>	Bean & Cheese Burrito on Whole Wheat Tortilla (WGR) / Corn & Squash / Apples / Milk*
		<b>Vegetarian</b>	Bean & Cheese Burrito on Whole Wheat Tortilla (WGR) / Corn & Squash / Apples / Milk*
		<b>Allergen Free</b>	AF Seasoned Beans on Brown Rice (WGR) / Corn & Squash / AF Apples / Lactose-free Milk*
Fri	1/6/23	<b>Regular</b>	Cheeseburger on Whole Wheat Bun (WGR) / Ketchup & Mustard / Sweet Potato Fries / Fruit Crumble / Milk*
		<b>Vegetarian</b>	Black Bean Cheeseburger on Whole Wheat Bun (WGR) / Ketchup & Mustard / Sweet Potato Fries / Fruit Crumble / Milk*
		<b>Allergen Free</b>	Hamburger on Brown Rice (WGR) / Ketchup & Mustard / Sweet Potato Fries / AF Fruit Crumble / Lactose-free Milk*
Monday	1/9/23	<b>Regular</b>	Chicken Fajita w/ Sauteed Peppers & Onions / Whole Wheat Tortilla (WGR) / Winter Squash / Apples / Milk*
		<b>Vegetarian</b>	Tempeh Fajita w/ Sauteed Peppers & Onions / Whole Wheat Tortilla (WGR) / Winter Squash / Apples / Milk*
		<b>Allergen Free</b>	AF Chicken Fajita w/ Sauteed Peppers & Onions / Corn Tortilla (WGR) / Winter Squash / Apples / Lactose-free Milk*
Tuesday	1/10/23	<b>Regular</b>	Turkey w/ Green Bean Casserole / Whole Wheat Roll (WGR) / Apples / Milk*
		<b>Vegetarian</b>	Seasoned Baked Tofu w/ Green Bean Casserole / Whole Wheat Roll (WGR) / Apples / Milk*
		<b>Allergen Free</b>	Turkey w/ Brown Rice (WGR) / Green Beans & Mushrooms / Apples / Lactose-free Milk*
Wednesday	1/11/23	<b>Regular</b>	Chicken Parmesan on Whole Wheat Bun (WGR) / Cheesy Cauliflower / Oranges / Milk*
		<b>Vegetarian</b>	Tofu Parmesan on Whole Wheat Bun (WGR) / Cheesy Cauliflower / Oranges / Milk*
		<b>Allergen Free</b>	AF Breaded Chicken w/ Tomato Sauce on AF Pasta (WGR) / Cauliflower / Oranges / Lactose-free Milk*
Thursday	1/12/23	<b>Regular</b>	Three Sisters Skillet Casserole - Beans, Winter Squash, Tomatoes, & Corn / Corn Muffin (WGR) / Apples / Milk*
		<b>Vegetarian</b>	Three Sisters Skillet Casserole - Beans, Winter Squash, Tomatoes, & Corn / Corn Muffin (WGR) / Apples / Milk*
		<b>Allergen Free</b>	AF Three Sisters Skillet Casserole - Beans, Winter Squash, Tomatoes, & Corn / AF Corn Muffin (WGR) / Apples / Lactose-free Milk*
Fri	1/13/23	<b>Regular</b>	Mini Chicken Corn Dogs (WGR) w/ Ketchup & Mustard / Carrots / Berry Crumble / Milk*
		<b>Vegetarian</b>	Brown Rice (WGR) & Bean Egg Frittata / Carrots / Berry Crumble / Milk*
		<b>Allergen Free</b>	All Beef Hot Dogs on AF Bun / Ketchup & Mustard / AF Cracker (WGR) / Carrots / AF Berry Crumble / Lactose-free Milk*
Monday	1/16/23	<b>Regular</b>	Martin Luther King Jr. Day - No FareStart Meals Served
		<b>Vegetarian</b>	Martin Luther King Jr. Day - No FareStart Meals Served
		<b>Allergen Free</b>	Martin Luther King Jr. Day - No FareStart Meals Served
Tuesday	1/17/23	<b>Regular</b>	Roasted Chicken w/ Roasted Brussel Sprouts / Brown Rice Pilaf Pilaf (WGR) / Apples / Milk*
		<b>Vegetarian</b>	Seasoned Baked Tofu w/ Roasted Brussel Sprouts / Brown Rice Pilaf Pilaf (WGR) / Apples / Milk*
		<b>Allergen Free</b>	AF Roasted Chicken w/ Roasted Brussel Sprouts / Brown Rice Pilaf (WGR) / Apples / Lactose-free Milk*
Wednesday	1/18/23	<b>Regular</b>	White Bean Chili Verde w/ Whole Wheat Tortilla (WGR) / Winter Squash / Oranges / Milk*
		<b>Vegetarian</b>	White Bean Chili Verde w/ Whole Wheat Tortilla (WGR) / Winter Squash / Oranges / Milk*
		<b>Allergen Free</b>	White Bean Chili Verde w/ Corn Tortilla (WGR) / Winter Squash / Oranges / Lactose-free Milk*
Thursday	1/19/23	<b>Regular</b>	Crispy Chicken w/ Stir Fried Brown Rice (WGR), Ginger Carrots / Apples / Milk*
		<b>Vegetarian</b>	Stir Fried Brown Rice (WGR), Ginger Carrots / Apples / Milk*
		<b>Allergen Free</b>	Crispy Chicken w/ Stir Fried Brown Rice (WGR), Ginger Carrots / Apples / Lactose-free Milk*
Fri	1/20/23	<b>Regular</b>	Cheesy Pita Pizza (WGR) / Roasted Red Peppers & Cauliflower / Peach Crumble / Milk*
		<b>Vegetarian</b>	Cheesy Pita Pizza (WGR) / Roasted Red Peppers & Cauliflower / Peach Crumble / Milk*
		<b>Allergen Free</b>	Beans in Tomato Sauce on AF Pasta (WGR) / Roasted Red Peppers & Cauliflower / AF Peach Crumble / Lactose-free Milk*
Monday	1/23/23	<b>Regular</b>	Baked Tofu & Parmesan Pasta (WGR) Casserole / Peas / Apples / Milk*
		<b>Vegetarian</b>	Baked Tofu & Parmesan Pasta (WGR) Casserole / Peas / Apples / Milk*
		<b>Allergen Free</b>	AF Lemon Garlic White Bean Pasta (WGR) Casserole / Peas / Apples / Lactose-free Milk*
Tuesday	1/24/23	<b>Regular</b>	Chicken Pad Thai w/ Spaghetti (WGR), Carrots, Cabbage, & Green Onion / Apples / Milk*
		<b>Vegetarian</b>	Tofu Pad Thai w/ Spaghetti (WGR), Carrots, Cabbage, & Green Onion / Apples / Milk*
		<b>Allergen Free</b>	Chicken & Brown Rice (WGR) Sauteed w/ Carrots, Cabbage, & Green Onion / Apples / Lactose-free Milk*
Wednesday	1/25/23	<b>Regular</b>	Beef Sloppy Joe w/ Whole Wheat Bun (WGR) / Cheesy Cauliflower / Oranges / Milk*
		<b>Vegetarian</b>	Lentil Sloppy Joe w/ Whole Wheat Bun (WGR) / Cheesy Cauliflower / Oranges / Milk*
		<b>Allergen Free</b>	AF Beef Sloppy Joe on Brown Rice (WGR) / Cauliflower / Oranges / Lactose-free Milk*
Thursday	1/26/23	<b>Regular</b>	Chicken Pot Pie w/ Peas & Carrots / Biscuit (WGR) / Apples / Milk*
		<b>Vegetarian</b>	Chickpea Pot Pie w/ Peas & Carrots / Biscuit (WGR) / Apples / Milk*
		<b>Allergen Free</b>	AF Chicken Pot Pie w/ Peas & Carrots on Brown Rice (WGR) / Apples / Lactose-free Milk*
Fri	1/27/23	<b>Regular</b>	Black Bean & Cheese Quesadilla on Whole Wheat Tortilla (WGR) / Corn & Squash / Apple Crumble / Milk*
		<b>Vegetarian</b>	Black Bean & Cheese Quesadilla on Whole Wheat Tortilla (WGR) / Corn & Squash / Apple Crumble / Milk*
		<b>Allergen Free</b>	AF Black Bean Quesadilla on Corn Tortilla (WGR) / Corn & Squash / AF Apple Crumble / Lactose-free Milk*
Monday	1/30/23	<b>Regular</b>	Popcorn Chicken / Macaroni (WGR) & Cheese / Peas / Apples / Milk*
		<b>Vegetarian</b>	Smoked Paprika Baked Tofu in Macaroni (WGR) & Cheese / Peas / Apples / Milk*
		<b>Allergen Free</b>	Chicken Pieces / AF Pasta (WGR) w/ Tomato Sauce / Peas / Apples / Lactose-free Milk*
Tuesday	1/31/23	<b>Regular</b>	Chicken Enchilada Casserole w/ Corn, Peppers, & Onions in Corn Tortilla (WGR) / Apples / Milk*
		<b>Vegetarian</b>	Tempeh Enchilada Casserole w/ Corn, Peppers, & Onions in Corn Tortilla (WGR) / Apples / Milk*
		<b>Allergen Free</b>	AF Chicken Enchilada Casserole w/ Corn, Peppers, & Onions in Corn Tortilla (WGR) / Apples / Lactose-free Milk*

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