

| May FareStart Menu              |         |               |   |
|---------------------------------|---------|---------------|---|
| Weekday                         | Date    | Diet Type     | Main Meal / Vegetable / Fruit (Recipes   Labels)  |
| Fri                             | 5/1/26  | Regular       | Bean & Cheese Quesadilla (WGR) / Cowboy Veggie Mix / Apple Crumble / Milk*                            |
|                                 |         | Vegetarian    | Bean & Cheese Quesadilla (WGR) / Cowboy Veggie Mix / Apple Crumble / Milk                             |
|                                 |         | Allergen Free | AF Bean & Cheese Quesadilla (WGR) / Cowboy Veggie Mix / AF Apple Crumble / Lactose-free Milk*         |
| Monday                          | 5/4/26  | Regular       | Chicken Pot Pie with Peas and Carrots / WGR Biscuit / Apple / Milk*                                   |
|                                 |         | Vegetarian    | Chickpea Pot Pie with Peas and Carrots / WGR Biscuit / Apple / Milk*                                  |
|                                 |         | Allergen Free | AF Chicken Pot Pie with Peas and Carrots on Rice (WGR) / Apple / Lactose-free Milk*                   |
| Tuesday                         | 5/5/26  | Regular       | Red Beans & Rice (WGR) / Corn / Orange / Milk*  |
|                                 |         | Vegetarian    | Red Beans & Rice (WGR) / Corn / Orange / Milk*  |
|                                 |         | Allergen Free | Red Beans & Rice (WGR) / Corn / Orange / Lactose-free Milk*   |
| Wednesday                       | 5/6/26  | Regular       | Macaroni (WGR) & Cheese w/ Sliced Turkey Dogs / Green Beans / Pineapple / Milk*                       |
|                                 |         | Vegetarian    | Macaroni (WGR) & Cheese w/ Baked Tofu Pieces / Green Beans / Pineapple / Milk*                        |
|                                 |         | Allergen Free | AF Macaroni (WGR) & Cheese w/ Sliced Turkey Dogs / Green Beans / Pineapple / Lactose-free Milk*       |
| Thursday                        | 5/7/26  | Regular       | Lemon Chicken Pasta (WGR) / Peas / Melon / Milk*  |
|                                 |         | Vegetarian    | Lemon Tofu Pasta (WGR) / Peas / Melon / Milk*   |
|                                 |         | Allergen Free | AF Lemon Chicken Pasta (WGR) / Peas / Melon / Lactose-free Milk*                                      |
| Fri                             | 5/8/26  | Regular       | Turkey Cheeseburger / Bun (WGR) / Ketchup / Sweet Potato Fries / Apple Crumble / Milk*                |
|                                 |         | Vegetarian    | Black Bean Cheeseburger / Bun (WGR) / Ketchup / Sweet Potato Fries / Apple Crumble / Milk*            |
|                                 |         | Allergen Free | Turkey Burger on Brown Rice (WGR) / Ketchup / Sweet Potato Fries / Apple Crumble / Lactose-free Milk* |
| Monday                          | 5/11/26 | Regular       | Chicken Parmesan (WGR) / Carrots / Apple / Milk* [+WGR Roll for Adults]                               |
|                                 |         | Vegetarian    | Chik'n Nugget Parmesan (WGR) / Carrots / Apple / Milk* [+WGR Roll for Adults]                         |
|                                 |         | Allergen Free | AF Chicken Parmesan Pasta (WGR) / Carrots / Apple / Lactose-free Milk*                                |
| Tuesday                         | 5/12/26 | Regular       | Turkey Tetrazzini Pasta (WGR) / Peas / Orange / Milk*   |
|                                 |         | Vegetarian    | White Bean Tetrazzini Pasta (WGR) / Peas / Orange / Milk*   |
|                                 |         | Allergen Free | Turkey Tetrazzini Pasta (WGR) / Peas / Orange / Lactose-free Milk*                                    |
| Wednesday                       | 5/13/26 | Regular       | Roasted Chicken & Lemon Brown Rice (WGR) / Green Beans / Pineapple / Milk*                            |
|                                 |         | Vegetarian    | Chik'n Nuggets & Lemon Brown Rice (WGR) / Green Beans / Pineapple / Milk*                             |
|                                 |         | Allergen Free | AF Roasted Chicken & Lemon Brown Rice (WGR) / Green Beans / Pineapple / Lactose-free Milk*            |
| Thursday                        | 5/14/26 | Regular       | Cheesy Pasta Bake (WGR) / Butternut Squash / Melon / Milk*  |
|                                 |         | Vegetarian    | Cheesy Pasta Bake (WGR) / Butternut Squash / Melon / Milk*  |
|                                 |         | Allergen Free | AF White Bean Pasta Bake / Butternut Squash / Melon / Milk*   |
| Fri                             | 5/15/26 | Regular       | Turkey Meatloaf / Potatoes / Biscuit (WGR) / Apple Crumble / Milk*                                    |
|                                 |         | Vegetarian    | Veggie Meatballs / Potatoes / Biscuit (WGR) / Apple Crumble / Milk*                                   |
|                                 |         | Allergen Free | AF Turkey Meatloaf / Potatoes / Brown Rice (WGR) / Apple Crumble / Lactose-free Milk*                 |
| Monday                          | 5/18/26 | Regular       | Chicken Nuggets (WGR) / Sweet & Sour Sauce / Broccoli / Apple / Milk*                                 |
|                                 |         | Vegetarian    | Chik'n Nuggets (WGR) / Sweet & Sour Sauce / Broccoli / Apple / Milk*                                  |
|                                 |         | Allergen Free | AF Crispy Chicken / AF Sweet & Sour Sauce / Brown Rice (WGR) / Broccoli / Apple / Lactose-free Milk*  |
| Tuesday                         | 5/19/26 | Regular       | Spaghetti (WGR) w/ Ground Turkey & Fresh Tomato Sauce / Green Beans / Orange / Milk*                  |
|                                 |         | Vegetarian    | Spaghetti (WGR) w/ Veggie Sausage & Fresh Tomato Sauce / Green Beans / Orange / Milk*                 |
|                                 |         | Allergen Free | AF Pasta (WGR) w/ Ground Turkey & Fresh Tomato Sauce / Green Beans / Orange / Lactose-free Milk*      |
| Wednesday                       | 5/20/26 | Regular       | Butter Chicken & Peas / Brown Rice (WGR) / Pineapple / Milk*  |
|                                 |         | Vegetarian    | Butter Chickpeas & Peas / Brown Rice (WGR) / Pineapple / Milk*  |
|                                 |         | Allergen Free | Butter Chicken & Peas / Brown Rice (WGR) / Pineapple / Lactose-free Milk*                             |
| Thursday                        | 5/21/26 | Regular       | Pasta (WGR) e Fagioli w Carrots / Melon / Milk*   |
|                                 |         | Vegetarian    | Pasta (WGR) e Fagioli w Carrots / Melon / Milk*   |
|                                 |         | Allergen Free | AF Pasta (WGR) e Fagioli w Carrots / Melon / Lactose-free Milk*                                       |
| Fri                             | 5/22/26 | Regular       | Chicken Teriyaki "Fried" Rice (WGR) / Mixed Veggies / Apple Crumble / *Milk                           |
|                                 |         | Vegetarian    | Tofu & Edamame Teriyaki "Fried" Rice (WGR) / Mixed Veggies / Apple Crumble / *Milk                    |
|                                 |         | Allergen Free | AF Garlic Ginger Chicken "Fried" Rice (WGR) / Mixed Veggies / AF Apple Crumble / Lactose-free Milk*   |
| <b>MEMORIAL DAY CVDS CLOSED</b> |         |               |   |
| Tuesday                         | 5/26/26 | Regular       | Pulled BBQ Chicken Sandwich / Bun (WGR) / Sweet Potato / Orange / Milk*                               |
|                                 |         | Vegetarian    | BBQ Tofu Sandwich / Bun (WGR) / Sweet Potato / Orange / Milk*   |
|                                 |         | Allergen Free | AF Pulled BBQ Chicken / AF Corn Muffin (WGR) / Sweet Potato / Orange / Lactose-free Milk*             |
| Wednesday                       | 5/27/26 | Regular       | Ground Turkey Stroganoff Pasta (WGR) / Peas / Pineapple / Milk*                                       |
|                                 |         | Vegetarian    | Veggie Sausage Stroganoff Pasta (WGR) / Peas / Pineapple / Milk*                                      |
|                                 |         | Allergen Free | AF Ground Turkey Stroganoff Pasta / Peas / Pineapple / Lactose-free Milk*                             |
| Thursday                        | 5/28/26 | Regular       | Chicken Alfredo Pasta (WGR) / Butternut Squash / Melon / *Milk  |
|                                 |         | Vegetarian    | Tofu Alfredo Pasta (WGR) / Butternut Squash / Melon / Milk*   |
|                                 |         | Allergen Free | AF Chicken Alfredo Pasta / Butternut Squash / Melon / Lactose-free Milk*                              |
| Fri                             | 5/29/26 | Regular       | Bean & Cheese Quesadilla (WGR) / Cowboy Veggie Mix / Apple Crumble / Milk*                            |
|                                 |         | Vegetarian    | Bean & Cheese Quesadilla (WGR) / Cowboy Veggie Mix / Apple Crumble / Milk*                            |
|                                 |         | Allergen Free | AF Bean & Cheese Quesadilla (WGR) / Cowboy Veggie Mix / AF Apple Crumble / Lactose-free Milk*         |