

## FareStart Hot Lunch Menu June 2022

Weekday	Date	Diet Type	Main Meal / Vegetable / Fruit
Wednesday	6/1/22	Regular	Turkey "Fried" Brown Rice (WGR) / Carrots, Greens, Yellow Wax Beans / Apples
		Vegetarian	Edamame "Fried" Brown Rice (WGR) / Carrots, Greens, Yellow Wax Beans / Apples
		Allergen Free	AF Turkey "Fried" Brown Rice (WGR) / Carrots, Greens, Yellow Wax Beans / Apples
Thursday	6/2/22	Regular	Moroccan Chickpea Stew w/ Tomatoes, Spinach, and Quinoa (WGR) / Pears
		Vegetarian	Moroccan Chickpea Stew w/ Tomatoes, Spinach, and Quinoa (WGR) / Pears
		Allergen Free	Moroccan Chickpea Stew w/ Tomatoes, Spinach, and Quinoa (WGR) / Pears
Fri	6/3/22	Regular	Turkey Sloppy Joe on Whole Wheat Bun (WGR) / Peas / Berry Crumble
		Vegetarian	Lentil Sloppy Joe on Whole Wheat Bun (WGR) / Peas / Berry Crumble
		Allergen Free	AF Turkey Sloppy Joe w/ Brown Rice (WGR) / Peas / AF Berry Crumble
Monday	6/6/22	Regular	White Beans w/ Peas & Onions on Pasta (WGR) w/ Tomato Sauce / Melon Wedges
		Vegetarian	White Beans w/ Peas & Onions on Pasta (WGR) w/ Tomato Sauce / Melon Wedges
		Allergen Free	White Beans w/ Peas & Onions on AF Pasta (WGR) w/ Tomato Sauce / Melon Wedges
Tuesday	6/7/22	Regular	Red Beans & Brown Rice (WGR) / Green Beans / Oranges
		Vegetarian	Red Beans & Brown Rice (WGR) / Green Beans / Oranges
		Allergen Free	Red Beans & Brown Rice (WGR) / Green Beans / Oranges
Wednesday	6/8/22	Regular	BBQ Pulled Chicken w/ Whole Wheat Bun (WGR) / Carrots / Apples
		Vegetarian	BBQ Pulled Tofu w/ Whole Wheat Bun (WGR) / Carrots / Apples
		Allergen Free	AF BBQ Pulled Chicken w/ Brown Rice (WGR) / Carrots / Apples
Thursday	6/9/22	Regular	Black Bean & Cheese Quesadilla on Whole Wheat Tortilla (WGR) / Corn, Bell Peppers, & Onions / Pears
		Vegetarian	Black Bean & Cheese Quesadilla on Whole Wheat Tortilla (WGR) / Corn, Bell Peppers, & Onions / Pears
		Allergen Free	Black Bean & AF Cheese Quesadilla on Corn Tortilla (WGR) / Corn, Bell Peppers, & Onions / Pears
Fri	6/10/22	Regular	Thai Crispy Chicken / Brown Rice (WGR) w/ Broccoli, Snap Peas, Red Pepper, Bean Sprouts, Water Chestnuts / Apple Crumble
		Vegetarian	Thai Crispy Tofu / Brown Rice (WGR) w/ Broccoli, Snap Peas, Red Pepper, Bean Sprouts, Water Chestnuts / Apple Crumble
		Allergen Free	AF Thai Crispy Chicken / Brown Rice (WGR) w/ Broccoli, Snap Peas, Red Pepper, Bean Sprouts, Water Chestnuts / AF Apple Crumble
Monday	6/13/22	Regular	White Beans w/ Tomato on Pasta (WGR) / Green Beans / Melon Wedges
		Vegetarian	White Beans w/ Tomato on Pasta (WGR) / Green Beans / Melon Wedges
		Allergen Free	White Beans w/ Tomato on AF Pasta (WGR) / Green Beans / Melon Wedges
Tuesday	6/14/22	Regular	Hamburger w/ Cheese, Lettuce, & Tomato on Whole Wheat Bun (WGR) / Carrots / Oranges
		Vegetarian	Black Bean Burger w/ Cheese, Lettuce, & Tomato on Whole Wheat Bun (WGR) / Carrots / Oranges
		Allergen Free	Hamburger w/ Lettuce & Tomato on Chia Bun / Rice Cakes (WGR) / Carrots / Oranges
Wednesday	6/15/22	Regular	Pinto Bean, Brown Rice, & Cheddar Burrito on Whole Wheat Tortilla (WGR) / Corn Succotash / Apples
		Vegetarian	Pinto Bean, Brown Rice, & Cheddar Burrito on Whole Wheat Tortilla (WGR) / Corn Succotash / Apples
		Allergen Free	Pinto Bean, Brown Rice, & AF Cheese on Corn Tortilla (WGR) / Corn Succotash / Apples
Thursday	6/16/22	Regular	Orange Sesame Ginger Chicken / Brown Rice (WGR) / Cauliflower / Pears
		Vegetarian	Orange Sesame Ginger Tofu / Brown Rice (WGR) / Cauliflower / Pears
		Allergen Free	AF Orange Sesame Ginger Chicken / Brown Rice (WGR) / Cauliflower / Pears
Fri	6/17/22	Regular	Chicken Parmesan w/ Whole Wheat Bun (WGR) / Peas & Carrots / Peach Crumble
		Vegetarian	Tofu Parmesan w/ Whole Wheat Bun (WGR) / Peas & Carrots / Peach Crumble
		Allergen Free	Baked Chicken w/ Tomato Sauce on AF Pasta (WGR) / Peas & Carrots / Peach Crumble
Monday	6/20/22	Regular	FareStart Closed for Juneteenth - NO MEAL SERVICE
		Vegetarian	FareStart Closed for Juneteenth - NO MEAL SERVICE
		Allergen Free	FareStart Closed for Juneteenth - NO MEAL SERVICE
Tuesday	6/21/22	Regular	Mini Chicken Corn Dogs (WGR) w/ Ketchup & Mustard / Carrots / Oranges
		Vegetarian	Tofu Bites w/ Ketchup & Mustard on Brown Rice (WGR) / Carrots / Oranges
		Allergen Free	All Beef Hot Dogs w/ Ketchup & Mustard on AF Bun / Rice Cakes (WGR) / Carrots / Oranges
Wednesday	6/22/22	Regular	Ground Turkey w/ Corn, Bell Pepper, & Onion on Brown Rice (WGR) / Apples
		Vegetarian	Blackeyed Peas w/ Corn, Bell Pepper, & Onion on Brown Rice (WGR) / Apples
		Allergen Free	Ground Turkey w/ Corn, Bell Pepper, & Onion on Brown Rice (WGR) / Apples
Thursday	6/23/22	Regular	Chicken Pot Pie w/ Peas & Carrots & Biscuit (WGR) / Pears
		Vegetarian	Chickpea Pot Pie w/ Peas & Carrots & Biscuit (WGR) / Pears
		Allergen Free	AF Chicken Pot Pie w/ Peas & Carrots & AF Biscuit (WGR) / Pears
Fri	6/24/22	Regular	Chicken Enchilada Casserole w/ Corn, Peppers, & Onions in Whole Wheat Tortilla (WGR) / Fruit Crumble
		Vegetarian	Tempeh Enchilada Casserole w/ Corn, Peppers, & Onions in Whole Wheat Tortilla (WGR) / Fruit Crumble
		Allergen Free	AF Chicken Enchilada Casserole w/ Corn, Peppers, & Onions in Corn Tortilla (WGR) / AF Fruit Crumble
Monday	6/27/22	Regular	Black Bean Burrito Bowl w/ Cheese, Corn, Peppers, Onions, & Salsa / Cilantro Lime Brown Rice (WGR) / Melon Wedges
		Vegetarian	Black Bean Burrito Bowl w/ Cheese, Corn, Peppers, Onions, & Salsa / Cilantro Lime Brown Rice (WGR) / Melon Wedges
		Allergen Free	Black Bean Burrito Bowl w/ AF Cheese, Corn, Peppers, Onions, & Salsa / Cilantro Lime Brown Rice (WGR) / Melon Wedges
Tuesday	6/28/22	Regular	Turkey Franks w/ Macaroni & Cheese (WGR) / Peas & Carrots / Oranges
		Vegetarian	Baked Tofu w/ Macaroni & Cheese (WGR) / Peas & Carrots / Oranges
		Allergen Free	Turkey Franks w/ AF Macaroni & AF Cheese (WGR) / Peas & Carrots / Oranges
Wednesday	6/29/22	Regular	White Bean & Pesto Brown Rice (WGR) w/ Tomato / Broccoli & Cauliflower / Apples
		Vegetarian	White Bean & Pesto Brown Rice (WGR) w/ Tomato / Broccoli & Cauliflower / Apples
		Allergen Free	White Bean & Basil Pistou Brown Rice (WGR) w/ Tomato / Broccoli & Cauliflower / Apples
Thursday	6/30/22	Regular	Tofu Pad Thai w/ Whole Wheat Yakisoba Noodles (WGR) & Tamarind Sauce / Edamame & Carrots / Pears
		Vegetarian	Tofu Pad Thai w/ Whole Wheat Yakisoba Noodles (WGR) & Tamarind Sauce / Edamame & Carrots / Pears
		Allergen Free	White Bean Stir Fry Bowl w/ Shredded Carrots & Brown Rice (WGR) / Pears