

FareStart October 2024 Hot Lunch Menu

Weekday	Date	Diet Type	Main Meal / Vegetable / Fruit (Recipes Labels)
Tuesday	10/1/24	Regular	Chicken Pot Pie w/ Peas & Carrots / Biscuit (WGR) / Orange / Milk*
		Vegetarian	Chickpea Pot Pie w/ Peas & Carrots / Biscuit (WGR) / Orange / Milk*
		Allergen Free	AF Chicken Pot Pie w/ Peas & Carrots on Brown Rice (WGR) / Orange / Lactose-free Milk*
Wednesday	10/2/24	Regular	Cheesy Pasta (WGR) Bake with Fresh Tomato Sauce / Butternut Squash / Apple / Milk*
		Vegetarian	Cheesy Pasta (WGR) Bake with Fresh Tomato Sauce / Butternut Squash / Apple / Milk*
		Allergen Free	AF White Bean Pasta (WGR) Bake with Fresh Tomato Sauce / Butternut Squash / Apple / Milk*
Thursday	10/3/24	Regular	Roasted Chicken & Lemon Brown Rice (WGR) / Green Bean Casserole / Melon / Milk*
		Vegetarian	Morningstar Chik'n Nuggets & Lemon Brown Rice (WGR) / Green Bean Casserole / Melon / Milk*
		Allergen Free	AF Roasted Chicken & Lemon Brown Rice (WGR) / Green Beans / Melon / Lactose-free Milk*
Fri	10/4/24	Regular	Turkey Sloppy Joes / Bun (WGR) / Green Salad / Ranch Dressing / Apple Crumble / Milk*
		Vegetarian	Veggie Sausage Sloppy Joes / Bun (WGR) / Green Salad / Ranch Dressing / Apple Crumble / Milk*
		Allergen Free	AF Turkey Sloppy Joes on Rice (WGR) / Green Salad / AF Italian Dressing / AF Apple Crumble / Lactose-free Milk*
Monday	10/7/24	Regular	Hoppin John w/ Brown Rice (WGR) & Green Beans / Apple / Milk*
		Vegetarian	Hoppin John w/ Brown Rice (WGR) & Green Beans / Apple / Milk*
		Allergen Free	AF Hoppin John w/ Brown Rice (WGR) & Green Beans / Apple / Milk*
Tuesday	10/8/24	Regular	Chicken Teriyaki Noodles (WGR) / Carrots / Orange / *Milk
		Vegetarian	Tofu & Edamame Teriyaki Noodles (WGR) / Carrots / Orange / *Milk
		Allergen Free	AF Garlic Ginger Chicken & Rice (WGR) / Carrots / Orange / Lactose-free Milk*
Wednesday	10/9/24	Regular	Ground Turkey, Bean, & Cheese Burrito (WGR) / Corn / Apple / Milk*
		Vegetarian	Bean & Cheese Burrito (WGR) / Corn / Apple / Milk*
		Allergen Free	AF Ground Turkey, Bean, & "Cheese" Burrito Bowl w Spanish Rice (WGR) / Corn / Apple / Lactose-free Milk*
Thursday	10/10/24	Regular	Texas Beef Chili / Corn Muffin (WGR) / Baked Squash / Melon / Milk*
		Vegetarian	Texas Red Bean Chili / Corn Muffin (WGR) / Baked Squash / Melon / Milk*
		Allergen Free	AF Texas Beef Chili / AF Corn Muffin (WGR) / Baked Squash / Melon / Lactose-free Milk*
Fri	10/11/24	Regular	Cheesy Flatbread Pizza (WGR) / Zucchini / Apple Crumble / Milk*
		Vegetarian	Cheesy Flatbread Pizza (WGR) / Zucchini / Apple Crumble / Milk*
		Allergen Free	AF Pasta (WGR) w/ Chicken & Red Sauce / Zucchini / AF Apple Crumble / Lactose-free Milk*
Monday	10/14/24	Regular	Chicken Enchilada Casserole w/ Corn Tortilla (WGR) / Corn / Apple / Milk*
		Vegetarian	Pinto Bean Enchilada Casserole w/ Corn Tortilla (WGR) / Corn / Apple / Milk*
		Allergen Free	AF Chicken Enchilada Casserole w/ Corn Tortilla (WGR) / Corn / Apple / Lactose-free Milk*
Tuesday	10/15/24	Regular	Fajita Chicken / Tortilla (WGR) / Baked Squash / Orange / Milk*
		Vegetarian	Fajita Tempeh / Tortilla (WGR) / Baked Squash / Orange / Milk*
		Allergen Free	AF Fajita Chicken / AF Corn Tortilla (WGR) / AF Baked Squash / Orange / Lactose-free Milk*
Wednesday	10/16/24	Regular	Macaroni (WGR) & Cheese w/ Sliced Turkey Dogs / Carrots / Apple / Milk*
		Vegetarian	Macaroni (WGR) & Cheese w/ Baked Tofu Pieces / Carrots / Apple / Milk*
		Allergen Free	AF Macaroni (WGR) & Cheese w/ Sliced Turkey Dogs / Carrots / Apple / Lactose-free Milk*
Thursday	10/17/24	Regular	Ground Turkey Stroganoff Pasta (WGR) / Zucchini / Melon / Milk*
		Vegetarian	Tempeh Stroganoff Pasta (WGR) / Zucchini / Melon / Milk*
		Allergen Free	AF Ground Turkey Stroganoff Pasta / Zucchini / Melon / Lactose-free Milk*
Fri	10/18/24	Regular	Chicken Parmesan (WGR) / Cheesy Cauliflower / Apple Crumble / Milk* [+WGR Roll for Adults]
		Vegetarian	Chik'n Nugget Parmesan (WGR) / Cheesy Cauliflower / Apple Crumble / Milk* [+WGR Roll for Adults]
		Allergen Free	AF Chicken Parmesan Pasta (WGR) / AF "Cheesy" Cauliflower / AF Apple Crumble / Lactose-free Milk*
Monday	10/21/24	Regular	Chinese Veggie, Tofu, & Edamame Stir Fry / Brown Rice (WGR) / Apple / Milk*
		Vegetarian	Chinese Veggie, Tofu, & Edamame Stir Fry / Brown Rice (WGR) / Apple / Milk*
		Allergen Free	AF Chinese Chicken & Veggie Stir Fry / Brown Rice (WGR) / Apple / Lactose-free Milk*
Tuesday	10/22/24	Regular	Mini Chicken Corn Dogs (WGR) / BBQ Sauce / Peas / Orange / Milk*
		Vegetarian	Chik'n Nuggets (WGR) / BBQ Sauce / Peas / Orange / Milk*
		Allergen Free	Turkey Dog / AF BBQ Sauce / AF Corn Muffin (WGR) / Peas / Orange / Lactose-free Milk*
Wednesday	10/23/24	Regular	Spaghetti (WGR) w/ Ground Turkey Marinara / Zucchini / Apple / Milk*
		Vegetarian	Spaghetti (WGR) w/ Veggie Sausage Marinara / Zucchini / Apple / Milk*
		Allergen Free	AF Pasta (WGR) w/ Ground Turkey Marinara / Zucchini / Apple / Lactose-free Milk*
Thursday	10/24/24	Regular	Cheeseburger / Bun (WGR) / Ketchup / Sweet Potato Fries / Melon / Milk*
		Vegetarian	Black Bean Cheeseburger / Bun (WGR) / Ketchup / Sweet Potato Fries / Melon / Milk*
		Allergen Free	Hamburger on Brown Rice (WGR) / Ketchup / Sweet Potato Fries / Melon / Lactose-free Milk*
Fri	10/25/24	Regular	Bean & Cheese Quesadilla w/ WGR Tortilla / Corn / Apple Crumble / Milk*
		Vegetarian	Bean & Cheese Quesadilla w/ WGR Tortilla / Corn / Apple Crumble / Milk*
		Allergen Free	Bean & AF "Cheese" Quesadilla w/ WGR Corn Tortilla / Corn / AF Apple Crumble / Lactose-free Milk*
Monday	10/28/24	Regular	Meatloaf / Roll (WGR) / Sweet Potato Mash / Apple / Milk*
		Vegetarian	Black Bean Loaf / Roll (WGR) / Sweet Potato Mash / Apple / Milk*
		Allergen Free	AF Meatloaf on Brown Rice (WGR) / Sweet Potato Mash / Apple / Lactose-free Milk*
Tuesday	10/29/24	Regular	Chicken Pot Pie w/ Peas & Carrots / Biscuit (WGR) / Orange / Milk*
		Vegetarian	Chickpea Pot Pie w/ Peas & Carrots / Biscuit (WGR) / Orange / Milk*
		Allergen Free	AF Chicken Pot Pie w/ Peas & Carrots on Brown Rice (WGR) / Orange / Lactose-free Milk*
Wednesday	10/30/24	Regular	Cheesy Pasta (WGR) Bake with Fresh Tomato Sauce / Butternut Squash / Apple / Milk*
		Vegetarian	Cheesy Pasta (WGR) Bake with Fresh Tomato Sauce / Butternut Squash / Apple / Milk*
		Allergen Free	AF White Bean Pasta (WGR) Bake with Fresh Tomato Sauce / Butternut Squash / Apple / Milk*
Thursday	10/31/24	Regular	Roasted Chicken & Lemon Brown Rice (WGR) / Green Bean Casserole / Melon / Milk*
		Vegetarian	Morningstar Chik'n Nuggets & Lemon Brown Rice (WGR) / Green Bean Casserole / Melon / Milk*
		Allergen Free	AF Roasted Chicken & Lemon Brown Rice (WGR) / Green Bean Casserole / Melon / Lactose-free Milk*