



JICS HOT LUNCH MENU FALL 2019

| LOTS OF PASTA MONDAYS | MOSTLY CHICKEN TUESDAYS | WEDNESDAYS Wednesday Afternoon Program Students ONLY | BEEF LOVER THURSDAYS | FUN LUNCH FRIDAYS |
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| SEPTEMBER | | | | |
| 9 | 10 | 11 | 12 | 13 |
| Rigatoni with vegetable rosé sauce, whole wheat roll & green salad | Baked white meat Chicken fingers with no-fry fries and salad | Chicken schnitzel, potatoes, whole wheat pita and apple sauce | Honey garlic meatballs with rice, green mixed salad | Burgers with chips, veggies and dip |
| 16 | 17 | 18 | 19 | 20 |
| TriColour rotini, meatballs/tomato sauce, cheesy garlic bread & salad | Breaded chicken burgers on whole wheat rolls, potatoes & green salad | All Day Breakfast. Pancakes, eggs, and chicken sausages | Sliders with green salad, veggies and dip | Popcorn chicken with potatoes, and Caesar salad |
| 23 | 24 | 25 | 26 | 27 |
| Penne with ground beef/tomato sauce, french loaf, Caesar salad | Grilled chicken breast Caesar wrap with side potatoes. | Fish sticks with peas and carrots, whole wheat pita and Caesar salad | Meatballs with cauliflower rice, green mixed salad | Tacos with all the fixings and nacho chips & salsa |
| OCTOBER | | | | |
| 30 | 1 | 2 | 3 | 4 |
| Lasagna with Caesar salad and french loaf | Popcorn chicken with potatoes, and corn niblets | Honey garlic meatballs with rice, green mixed salad | Beef Burgers with fries & mixed salad | Baked white meat Chicken fingers with home fries and veggies with dip |
| 7 | 8 | 9 | 10 | 11 |
| Fusilli with meat sauce, salad and whole wheat garlic bread | Teriyaki chicken meatballs with rice, peas and carrots & whole wheat pita | Baked chicken drumsticks with dollar chip potatoes and green salad | Make Your Own Rice Bowl - Ground beef, rice, lettuce, shredded cheese | Sliders with green salad, veggies and dip |
| 14 | 15 | 16 | 17 | 18 |
| THANKSGIVING! | Penne with ground chicken tomato sauce, french loaf & salad | Breaded chicken burgers on whole wheat rolls, potatoes & green salad | Meatballs with cauliflower rice, green mixed salad | Chicken hot dogs with chips and green salad |
| 21 | 22 | 23 | 24 | 25 |
| TriColour rotini, meatballs/tomato sauce, french loaf & salad | All Day Breakfast. Pancakes, eggs, and chicken sausages | Sliders with Caesar salad, veggies and dip | Beef stew over broad noodles, whole wheat rolls and Caesar salad | Tacos with all the fixings and nacho chips & salsa |
| 28 | 29 | 30 | 31 | 1 |
| Rigatoni with vegetable rosé sauce, whole wheat roll & green salad | Baked chicken drumsticks with dollar chip potatoes and green salad | Mini vegetable spring rolls with rice, carrots and pita | Meatloaf with mashed potatoes, gravy and peas/corn | Beef Burgers with chips & mixed salad |
| NOVEMBER | | | | |
| 4 | 5 | 6 | 7 | 8 |
| Fusilli with meat sauce, salad and whole wheat garlic bread | Teriyaki chicken meatballs with rice, peas and carrots & whole wheat pita | All Day Breakfast. Pancakes, eggs, and chicken sausages | Mini Samosas with rice, peas and corn | PA DAY |
| 11 | 12 | 13 | 14 | 15 |
| NO SCHOOL | Penne with ground chicken tomato sauce, french loaf, salad | Chicken schnitzel, potatoes, whole wheat pita and apple sauce | Beef Burgers with chips & mixed salad | Baked white meat Chicken fingers with home fries and veggies with dip |
| 18 | 19 | 20 | 21 | 22 |
| Baked Mac and Cheese, Caesar salad, veggies and dip | Baked white meat Chicken fingers with home fries and veggies with dip | Fish sticks with peas and carrots, whole wheat pita and Caesar salad | Honey garlic meatballs, rice, and green salad | Tacos with all the fixings and nacho chips & salsa |
| 25 | 26 | 27 | 28 | 29 |
| Farfalle with meat sauce, Caesar salad and cheesy garlic bread | Baked chicken drumsticks with dollar chip potatoes and green salad | Breaded chicken burgers on whole wheat rolls, no-fry fries & green salad | Make Your Own Rice Bowl - Ground beef, rice, lettuce, shredded cheese | Chicken hot dogs with chips and green salad |
| DECEMBER | | | | |
| 2 | 3 | 4 | 5 | 6 |
| Rigatoni with vegetable rosé sauce, whole wheat roll & green salad | Chicken hot dogs with no fry fries and green salad | Meatballs, rice, green salad, whole wheat bun | Sliders with chips and green salad | Baked white meat Chicken fingers with home fries and salad |
| 9 | 10 | 11 | 12 | 13 |
| Lasagna with Caesar salad and french loaf | Popcorn chicken with potatoes, and corn niblets | Fish sticks with potatoes, peas and carrots, and Caesar salad | Honey garlic meatballs, rice, and green salad | Beef Burgers with chips & mixed salad |
| 16 | 17 | 18 | 19 | 20 |
| TriColour rotini, meatballs/tomato sauce, french loaf & salad | Baked white meat Chicken fingers with home fries and salad | All Day Breakfast. Pancakes, eggs, and chicken sausages | Tacos with all the fixings and nacho chips & salsa | Turkey dinner with all the sides! Mashed potatoes, gravy, cranberry sauce, mixed veggies |

**ALL MEALS COME WITH A DAILY FRESH FRUIT & RAW VEGETABLE.
KIDS ARE WELCOME TO COME FOR SECONDS!!!**

Menus and forms at www.thelunchmom.com. Please call (416-859-5236) or email (tricia@thelunchmom.com) anytime.