

JICS HOT LUNCH MENU - January 17-April 15 2022



MONDAY	TUESDAY	THURSDAY	FRIDAY
MOSTLY PASTA MONDAYS	CHICKEN TUESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
JANUARY 17	18	20	21
Farfalle with meat sauce, Caesar salad and french loaf	All Day breakfast - pancakes, chicken sausage, hash browns	Honey garlic meatballs with cauliflower rice, green salad	Cheese quesadillas with tortilla chips and salsa on side
24	25	27	28
Fusilli with meatballs/tomato sauce, french loaf & salad	Chicken schnitzel with rice and carrots, apple sauce	Burgers on whole wheat buns and veggies & dip	Popcorn Chicken with chips & veggies with dip
31	FEBRUARY 1	3	4
Lasagna with green salad, and a whole wheat roll	Baked white meat Chicken fingers with peas & corn, and salad	Meatball subs with cheese and cubed potatoes	Chicken hot dogs with chips and veggies
7	8	10	11
Rigatoni with vegetarian sauce, garlic bread & green salad	Breaded chicken burgers on whole wheat rolls & green salad	Tacos- tortillas, ground taco (mild) beef, lettuce, cheese	All Day breakfast - pancakes, chicken sausage, hash browns, fruit salad
14	15	17	18
Penne with meat sauce, Caesar salad and french loaf	Chicken schnitzel with rice and carrots, apple sauce	Burgers on whole wheat buns and veggies & dip	PD DAY - NO LUNCH
21	22	24	25
FAMILY DAY - NO LUNCH	Fusilli with veggie tomato sauce, french loaf & salad	Tacos- tortillas, ground taco (mild) beef, lettuce, cheese	Breaded chicken burgers on whole wheat rolls & green salad
28	MARCH 1	3	4
Fusilli with meatballs/tomato sauce, french loaf & salad	All Day breakfast - pancakes, chicken sausage, hash browns, fruit salad	Shepherd's Pie with a roll and Caesar salad	Chicken hot dogs with chips and veggies
7	8	10	11
Rigatoni with vegetable rosé sauce, garlic bread & green salad	Popcorn Chicken with potatoes & veggies	Burgers on whole wheat buns and veggies & dip	Baked white meat Chicken fingers with chips
14	15	17	18
MARCH BREAK	MARCH BREAK	MARCH BREAK	MARCH BREAK
21	22	24	25
MARCH BREAK	MARCH BREAK	MARCH BREAK	MARCH BREAK
28	29	21	APRIL 1
Lasagna with green salad, and a whole wheat roll	Baked white meat Chicken fingers with potatoes, and salad	Honey garlic meatballs with cauliflower rice, green salad	Chicken hot dogs with chips and veggies
4	5	7	8
Rigatoni with vegetable rosé sauce, garlic bread & green salad	Sweet & Sour chicken balls, with rice and mini spring roll	Burgers on whole wheat buns and veggies & dip	Cheese pizza pockets with Caesar salad
11	12	14	15
Fusilli with meatballs/tomato sauce, french loaf & salad	Breaded chicken burgers on whole wheat rolls & chips	Tacos - tortillas, ground taco (mild) beef, lettuce, cheese	Meatball subs with cheese and chips

**ALL MEALS COME WITH A DAILY FRESH FRUIT & RAW VEGETABLE.
INCLUDED DAILY FRUIT - ONE OF: APPLES, BANANAS, CANTALOUPE, ORANGES, GRAPES
INCLUDED DAILY RAW VEGETABLE - ONE OF: MINI CARROTS, CUCUMBER, CELERY**

Menus and ONLINE ORDERING at www.thelunchmom.com. Please email (tricia@thelunchmom.com) anytime.