

JICS HOT LUNCH MENU - APRIL - JUNE 2024



PASTA MONDAYS	CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
APRIL 1	2	3	4	5
NO SCHOOL TODAY	Breaded chicken burgers with Caesar salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Meatballs in tomato sauce with rice & green salad	Penne with veggie tomato sauce, french loaf, salad
8	9	10	11	12
ECLIPSE DAY - EARLY DISMISSAL - NO HOT LUNCH	Rotini with ground chicken sauce, and cheesy garlic bread	All Day breakfast - pancakes, chicken sausage, fruit	Beef Burgers, green salad	Baked white meat Chicken fingers with potatoes
15	16	17	18	19
Fusilli with veggie tomato sauce, cheesy garlic bread	Popcorn chicken with potatoes and Caesar salad	Fish sticks with rice, corn niblets	Honey garlic meatballs with cauliflower rice, green salad	Chicken hot dogs with chips and veggies
22	23	24	25	26
Penne with meat / tomato sauce, french loaf	NEW! Chicken schnitzel with rice, pita and applesauce	Cheese quesadillas with tortilla chips and salsa	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Beef Burgers & Caesar salad
29	30	MAY 1	2	3
Baked macaroni and cheese with pita and veggies	All Day breakfast - pancakes, chicken sausage, fruit	Fusilli with meatballs/tomato sauce & Caesar salad	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Popcorn chicken with potatoes and salad
6	7	8	9	10
Rotini with vegetarian sauce, and cheesy garlic bread	Breaded chicken burgers, carrots & green salad	Fish sticks with rice, corn niblets	Meatballs in tomato sauce with rice & green salad	Cheese quesadillas with tortilla chips and salsa
13	14	15	16	17
Penne with meat / tomato sauce, french loaf	Popcorn chicken with potatoes and salad	Beef Burgers & Caesar salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	All Day breakfast - pancakes, chicken sausage, fruit
20	21	22	23	24
VICTORIA DAY NO SCHOOL	NEW! Chicken schnitzel with rice, pita and applesauce	Honey garlic meatballs with cauliflower rice, green salad	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Penne with meat/tomato sauce, french loaf, Caesar salad
27	28	29	30	31
Fusilli with vegetarian sauce, and cheesy garlic bread	Baked white meat Chicken fingers with potatoes, and salad	All Day breakfast - pancakes, chicken sausage, fruit	Meatballs in tomato sauce with rice, green salad	Chicken hot dogs with Caesar salad
3	4	5	6	7
Penne with meat / tomato sauce, french loaf	Chicken nuggets with potatoes and corn/carrots	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Beef Burgers & green salad	Cheese quesadillas with tortilla chips and salsa
10	11	12	13	14
Rigatoni with vegetarian sauce, and cheesy garlic bread	NEW! Chicken spring rolls with rice and veggies	Breaded chicken burgers, green salad, corn and carrots	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	LAST DAY OF SCHOOL - NO LUNCH - HAPPY SUMMER!

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.