

# BESSBOROUGH HOT LUNCH MENU - January - March, 2023



TUESDAY		THURSDAY	
<b>PASTA &amp; CHICKEN TUESDAYS</b>		<b>MIXED THURSDAYS</b>	
<b>JANUARY</b>	<b>10</b>		<b>12</b>
All Day breakfast - pancakes, chicken sausage, hash browns		Honey garlic meatballs with cauliflower rice, green salad	
	<b>17</b>		<b>19</b>
Penne with meat sauce and french loaf		Rice bowl - rice, beef, shredded lettuce, cheese & salsa	
	<b>24</b>		<b>26</b>
Breaded chicken burgers on whole wheat rolls & chips		Fish sticks with potatoes, carrots & corn niblets	
	<b>31</b>	<b>FEBRUARY</b>	<b>2</b>
Rigatoni with vegetarian sauce, and cheesy garlic bread		Meatballs in tomato sauce with rice	
	<b>7</b>		<b>9</b>
Penne with meat sauce and french loaf		Burgers on whole wheat buns and potatoes	
	<b>14</b>		<b>16</b>
Baked white meat Chicken fingers with potatoes and corn		Baked macaroni and cheese with pita and veggies	
	<b>21</b>		<b>23</b>
Rigatoni with vegetarian sauce, and cheesy garlic bread		Meatball subs with cheese and cubed potatoes	
	<b>28</b>	<b>MARCH</b>	<b>2</b>
Breaded chicken burgers on whole wheat rolls & carrots/peas		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
	<b>7</b>		<b>9</b>
Chicken hot dogs with chips and veggies		Honey garlic meatballs with cauliflower rice, green salad	
	<b>14</b>		<b>16</b>
<b>MARCH BREAK</b>		<b>MARCH BREAK</b>	
	<b>21</b>		<b>23</b>
Penne with meat / tomato sauce, french loaf		All Day breakfast - pancakes, chicken sausage, hash browns	
	<b>28</b>		<b>30</b>
Fusilli with meatballs/tomato sauce, french loaf		Burgers on whole wheat buns 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](http://www.thelunchmom.com). Please email ([tricia@thelunchmom.com](mailto:tricia@thelunchmom.com)) anytime.