

# BESSBOROUGH PS HOT LUNCH MENU - September - December, 2023



PASTA & CHICKEN TUESDAYS		MIXED THURSDAYS	
	<b>SEPTEMBER</b>	<b>12</b>	<b>14</b>
Penne with meat / tomato sauce, french loaf			Breaded chicken burgers green salad, corn and carrots
		<b>19</b>	<b>21</b>
All Day breakfast - pancakes, chicken sausage, fruit salad			Baked white meat Chicken fingers with potatoes
		<b>27</b>	<b>29</b>
Fusilli with meatballs/tomato sauce, french loaf			Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
	<b>OCTOBER</b>	<b>3</b>	<b>5</b>
Rotini with vegetarian sauce, and cheesy garlic bread			Beef Burgers, Caesar salad and potatoes
		<b>10</b>	<b>12</b>
Penne with ground chicken/ tomato sauce, french loaf			Chicken nuggets with potatoes and mixed veggies
		<b>16</b>	<b>18</b>
Breaded chicken burgers, carrots & green salad			Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
		<b>24</b>	<b>26</b>
Rigatoni with vegetarian sauce, and cheesy garlic bread			Fish sticks with pita, corn niblets and Caesar salad
		<b>31</b>	<b>NOVEMBER</b>
Penne with meat / tomato sauce, french loaf			<b>2</b>
		<b>7</b>	<b>9</b>
Baked white meat Chicken fingers with potatoes, and salad			All Day breakfast - pancakes, chicken sausage, hash browns
		<b>14</b>	<b>16</b>
Fusilli with meatballs/tomato sauce, french loaf			Beef Burgers, potatoes and Caesar salad
		<b>21</b>	<b>23</b>
Penne with meat / tomato sauce, french loaf			Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
		<b>28</b>	<b>30</b>
All Day breakfast - pancakes, chicken sausage, fruit salad			Honey garlic meatballs with cauliflower rice, green salad
	<b>DECEMBER</b>	<b>5</b>	<b>7</b>
Chicken hot dogs with potatoes and veggies			Chicken nuggets with potatoes and corn
		<b>12</b>	<b>14</b>
Fusilli with meatballs/tomato sauce, french loaf			Beef Burgers, veggies and chips
		<b>19</b>	<b>21</b>
Baked white meat Chicken fingers with potatoes, and salad			All Day breakfast - pancakes, chicken sausage, fruit salad

**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.