

HUMEWOOD HOT LUNCH MENU - NOV - DEC 2026

PASTA MONDAYS	CHICKEN TUESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
NOV 2	Nov 3	Nov 5	Nov 6
Rotini with veg/tomato sauce, french loaf	Baked white meat Chicken fingers with potatoes	Soft Tacos - ground taco (mild) beef, lettuce, cheese, corn chips	Chicken hot dogs with chips and veggies
Nov 9	Nov 10	Nov 12	Nov 13
Penne with meat/ tomato sauce, cheesy garlic bread	Chicken Snack Wrap - chicken, lettuce, cheese	Beef Burgers, chips	Meatballs with tomato sauce server over rice
Nov 16	Nov 17	Nov 19	Nov 20
Fusilli with vegetarian sauce, and french loaf	Breaded chicken burgers and salad	Honey garlic meatballs with cauliflower rice, green salad	PD DAY - NO SCHOOL
Nov 23	Nov 24	Nov 26	Nov 27
Penne with meat sauce, and cheesy garlic bread	Chicken hot dogs with chips and veggies	Beef chili (mild) with rice and a roll	Baked white meat Chicken fingers with chips, and veggies
Nov 30	DEC 1	Dec 3	Dec 4
Cheese tortellini / tomato sauce, french loaf	Chicken schnitzel with rice, pita and applesauce	Meatball subs with cheese and Caesar salad	All Day breakfast - pancakes, chicken sausage, fruit
Dec 7	Dec 8	Dec 10	Dec 11
Penne with meatballs / tomato sauce, french loaf	Chicken noodle soup with a roll and veggies	Soft Tacos - ground taco (mild) beef, lettuce, cheese, corn chips	Breaded chicken burgers with salad
Dec 14	Dec 15	Dec 17	Dec 18
Rotini with meat / tomato sauce, french loaf	Baked white meat Chicken fingers with potatoes, and salad	Meatballs in tomato sauce with rice	Chicken hot dogs with chips and veggies

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

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