

JACKMAN PS HOT LUNCH MENU - April - June, 2023



PASTA & CHICKEN MONDAYS	MIXED WEDNESDAYS
Apr 3	5
Chicken nuggets with potatoes and Caesar salad	Honey garlic meatballs with cauliflower rice, green salad
10	12
EASTER MONDAY NO SCHOOL	Rice bowl - rice, beef, shredded lettuce, cheese & salsa
17	19
All Day breakfast - pancakes, chicken sausage, hash browns	PIZZA LUNCH - NO HOT LUNCH
24	26
Breaded chicken burgers & corn and carrots	Meatballs in tomato sauce with rice
May 1	3
Baked white meat Chicken fingers with potatoes and corn	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
8	10
Fusilli with meatballs/tomato sauce, french loaf	Beef Burgers, green salad and potatoes
15	17
Breaded chicken burgers, carrots & green salad	PIZZA LUNCH - NO HOT LUNCH
22	24
VICTORIA DAY - NO SCHOOL	Rice bowl - rice, beef, shredded lettuce, cheese & salsa
29	31
All Day breakfast - pancakes, chicken sausage, hash browns	Baked white meat Chicken fingers with rice, and salad
5	7
Penne with meat / tomato sauce, french loaf	Honey garlic meatballs with cauliflower rice, green salad
12	14
Breaded chicken burgers, potatoes & carrots/peas	Fish sticks with rice, corn niblets and Caesar salad
19	21
PIZZA LUNCH - NO HOT LUNCH	All Day breakfast - pancakes, chicken sausage, hash browns
26	28
Penne with meat / tomato sauce, french loaf	Beef Burgers, potatoes and Caesar 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. Please email (tricia@thelunchmom.com) anytime.