

JACKMAN PS HOT LUNCH MENU - September - December, 2023



PASTA & CHICKEN MONDAYS		MIXED WEDNESDAYS	
SEPTEMBER			
	11		13
Penne with meat / tomato sauce, french loaf		Breaded chicken burgers green salad, corn and carrots	
	18		20
All Day breakfast - pancakes, chicken sausage, fruit salad		Baked white meat Chicken fingers with potatoes	
	25		27
Fusilli with meatballs/tomato sauce, french loaf		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
OCTOBER			
	2		4
Rotini with vegetarian sauce, and cheesy garlic bread		Beef Burgers, Caesar salad and potatoes	
	9		11
HAPPY THANKSGIVING! - NO SCHOOL		Chicken nuggets with potatoes and mixed veggies	
	16		18
Breaded chicken burgers, carrots & green salad		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
	23		25
Rigatoni with vegetarian sauce, and cheesy garlic bread		Fish sticks with pita, corn niblets and Caesar salad	
	30		NOVEMBER 1
Penne with meat / tomato sauce, french loaf		Meatball subs with cheese and cubed potatoes	
	6		8
Baked white meat Chicken fingers with potatoes, and salad		All Day breakfast - pancakes, chicken sausage, hash browns	
	13		15
Fusilli with meatballs/tomato sauce, french loaf		Beef Burgers, potatoes and Caesar salad	
	20		22
Penne with meat / tomato sauce, french loaf		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
	27		29
All Day breakfast - pancakes, chicken sausage, fruit salad		Honey garlic meatballs with cauliflower rice, green salad	
DECEMBER			
	4		6
Chicken hot dogs with potatoes and veggies		Chicken nuggets with potatoes and corn	
	11		13
Fusilli with meatballs/tomato sauce, french loaf		Beef Burgers, veggies and chips	
	18		20
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. Please email (tricia@thelunchmom.com) anytime.