

SPRING HOT LUNCH ORDERING IS NOW ONLINE! ORDER DUE DATE IS MARCH 29, 2020

PLEASE NOTE: SPRING PRICING HAS BEEN ADJUSTED TO TAKE INTO ACCOUNT THE STRIKE DATES, WHERE LUNCH WAS CANCELLED.

Go to the website: www.thelunchmom.com, Choose Find Your School and then click Jackman PS. Click the link to the online ordering form. Pay with Visa/Mastercard, or by e-transfer to tricia@thelunchmom.com, using password LUNCHMOM. One form per child.

JACKMAN HOT LUNCH MENU - SPRING 2020

PASTA & CHICKEN MONDAYS	MIXED WEDNESDAYS	FUN LUNCH FRIDAYS
	APRIL	
30	1	3
Fusilli with ground beef/tomato sauce, french loaf and green salad	PIZZA DAY - NO HOT LUNCH!	Burgers on whole wheat buns, green salad, and veggies/dip
6	8	10
White meat Chicken fingers, Caesar salad	Chicken Spring Rolls with fried rice & Asian coleslaw	NO SCHOOL
13	15	17
NO SCHOOL	Breaded chicken burgers on whole wheat rolls & green salad	Meatball subs served with cheese, and green salad
20	22	24
Rigatoni with vegetable rosé sauce, whole wheat roll & salad	PIZZA DAY - NO HOT LUNCH!	Burgers on whole wheat buns and Caesar salad
	MAY	
27	29	1
White meat Chicken fingers with green salad, veggies with dip	Fish sticks with rice, peas and carrots, and Caesar salad	Chicken hot dogs with veggies and green salad
4	6	8
Grilled chicken breast Caesar WRAP with salad.	Tacos with beef, cheese, shredded lettuce, nacho chips & salsa	Burgers on whole wheat buns, chips and green salad
11	13	15
Fusilli with meat sauce, cheesy garlic bread & salad	PIZZA DAY - NO HOT LUNCH!	White meat Chicken fingers with chips, and veggies with dip
18	20	22
VICTORIA DAY	BBQ Meatballs, rice, coleslaw	Breaded chicken burgers on whole wheat rolls & Caesar salad
25	27	29
Chicken schnitzel, whole wheat pita, salad and apple sauce	Beef Burgers with chips & mixed salad	White meat Chicken fingers with green salad, and veggies with dip
	JUNE	
1	3	5
All Day Breakfast. Pancakes, eggs, and chicken sausages	PIZZA DAY - NO HOT LUNCH!	PD DAY
8	10	12
Baked chicken drumsticks with rice and green salad	Honey garlic meatballs with rice, green mixed salad	Chicken hot dogs with veg and dip and green salad
15	17	19
Rigatoni with meat sauce, and green salad	Tacos with beef, cheese, shredded lettuce, nacho chips & salsa	White meat Chicken fingers with chips, and veggies with dip
22	24	
TriColour rotini, veggie tomato sauce, french loaf & salad	PIZZA DAY - NO HOT LUNCH!	HAPPY SUMMER



**ALL MEALS COME WITH A DAILY FRESH FRUIT & RAW VEGETABLE.
KIDS ARE WELCOME TO COME FOR SECONDS!!!**

ALLERGIES/GLUTEN FREE MEALS : please make a note of any allergies on the online form. Our kitchen is nut/seed free, and there is no pork cooked or served from our facility. Vegetarian meals available upon request. If your child requires a GLUTEN FREE meal, there is an additional cost of \$1 per meal. Please email me for pricing.

Menus and online form at www.thelunchmom.com. Please call (416-859-5236) or email (tricia@thelunchmom.com) anytime.