

JICS HOT LUNCH MENU - April 19 - June 17, 2022



MONDAY	TUESDAY	THURSDAY	FRIDAY
MOSTLY PASTA MONDAYS	CHICKEN TUESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
18	19	21	22
NO SCHOOL	Penne with vegetable sauce, garlic bread & green salad	Tacos- tortillas, ground taco (mild) beef, lettuce, cheese	Chicken hot dogs with chips and veggies
25	26	28	29
Penne with meat sauce, Caesar salad and french loaf	Baked chicken drumsticks with rice, pita and green salad	Honey garlic meatballs with cauliflower rice, green salad	Breaded chicken burgers on whole wheat rolls & green salad
May	3	5	6
Rigatoni with vegetarian sauce, garlic bread & green salad	Rice bowl - rice, shredded chicken, shredded lettuce, cheese & salsa	Burgers on whole wheat buns and veggies & dip	Chicken nuggets with chips, carrots and cucumbers
9	10	12	13
Fusilli with meatballs/tomato sauce, french loaf & salad	Breaded chicken burgers on whole wheat rolls & green salad	Tacos- tortillas, ground taco (mild) beef, lettuce, cheese	All Day breakfast - pancakes, chicken sausage, hash browns, fruit salad
16	17	19	20
Fusilli with veggie tomato sauce, french loaf & salad	Baked chicken drumsticks with rice, pita and green salad	BBQ Meatballs, rice, green salad	Chicken hot dogs with chips and veggies
23	24	26	27
VICTORIA DAY - NO SCHOOL	All Day breakfast - pancakes, chicken sausage, hash browns, fruit salad	Burgers on whole wheat buns and veggies & dip	Baked white meat Chicken fingers with chips
30	31	2	3
Penne with meat sauce, Caesar salad and french loaf	Chicken fried rice with mini spring rolls	Tacos- tortillas, ground taco (mild) beef, lettuce, cheese	Meatball subs with cheese and cubed potatoes
6	7	9	10
Lasagna with green salad, and a whole wheat roll	Chicken nuggets with rice and carrots, apple sauce	Rice bowl - rice, ground beef, shredded lettuce, cheese & salsa	Burgers on whole wheat buns and chips
13	14	16	17
Rigatoni with vegetable rosé sauce, garlic bread & green salad	Breaded chicken burgers on whole wheat rolls & chips	Honey garlic meatballs with cauliflower rice, green salad	SUMMER STARTS!!! Have a safe and happy holiday!!!

**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.