

JICS HOT LUNCH MENU - April - June, 2023



MONDAY	TUESDAY	THURSDAY	FRIDAY
CHICKEN MONDAY	MOSTLY PASTA TUESDAY	MIXED THURSDAY	FUN FRIDAYS
APRIL 3	4	6	7
Chicken nuggets with potatoes and Caesar salad	Penne with meat sauce and french loaf	Honey garlic meatballs with cauliflower rice, green salad	GOOD FRIDAY NO SCHOOL
10	11	13	14
EASTER MONDAY NO SCHOOL	Rigatoni with vegetarian sauce, and cheesy garlic bread	Baked white meat Chicken fingers with potatoes	Beef Burgers, veggies and chips
17	18	20	21
All Day breakfast - pancakes, chicken sausage, hash browns	Fusilli with meatballs/tomato sauce, french loaf	Fish sticks with potatoes, Caesar salad	Chicken nuggets with rice and carrots
24	25	27	28
Breaded chicken burgers & corn and carrots	Rigatoni with vegetarian sauce, and cheesy garlic bread	Veggie Spring Rolls with rice, green salad & whole wheat pita	PD DAY
MAY 1	2	4	5
Baked white meat Chicken fingers with potatoes and corn	Penne with meat sauce and french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Chicken hot dogs with potatoes and veggies
8	9	11	12
Chicken nuggets with potatoes and mixed veggies	Fusilli with meatballs/tomato sauce, french loaf	Burgers on whole wheat buns and potatoes	All Day breakfast - pancakes, chicken sausage, hash browns, fruit salad
15	16	18	19
Breaded chicken burgers, carrots & green salad	Rigatoni with vegetarian sauce, and cheesy garlic bread	Fish sticks with rice, corn niblets and Caesar salad	Baked white meat Chicken fingers with potatoes, and salad
22	23	25	26
VICTORIA DAY NO SCHOOL	Penne with ground chicken tomato sauce and french loaf	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Chicken hot dogs with potatoes and veggies
29	30	JUNE 1	2
All Day breakfast - pancakes, chicken sausage, hash browns	Baked macaroni and cheese with pita and veggies	Baked white meat Chicken fingers with rice, and salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
5	6	8	9
Chicken nuggets with potatoes and corn	Penne with meat / tomato sauce, french loaf	Honey garlic meatballs with cauliflower rice, green salad	Beef Burgers, veggies and chips
12	13	15	16
Breaded chicken burgers, potatoes & carrots/peas	Rigatoni with vegetarian sauce, and cheesy garlic bread	Fish sticks with rice, corn niblets and Caesar salad	HAPPY SUMMER!!!

**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.