



JICS HOT LUNCH MENU - SEPTEMBER & OCTOBER 2021

MONDAY	TUESDAY	THURSDAY	FRIDAY
MOSTLY PASTA MONDAYS	CHICKEN TUESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
September			
13	14	16	17
Farfalle with meat sauce, Caesar salad and french loaf	All Day breakfast - pancakes, chicken sausage, hash browns, syrup	Honey garlic meatballs with cauliflower rice, green mixed salad	Burgers on whole wheat buns and veggies & dip
20	21	23	24
Fusilli with meatballs/tomato sauce, french loaf & salad	Chicken schnitzel with rice and carrots, apple sauce	Taco kit - tortillas, ground taco (mild) beef, lettuce, cheese	Popcorn Chicken with potatoes & veggies with dip
27	28	30	1
Rigatoni with vegetarian sauce, garlic bread & green salad	Spring Rolls with fried rice & whole wheat pita	Sliders with bean salad and corn chips	Baked white meat Chicken fingers with peas & corn, and salad
October			
4	5	7	8
Penne with meat sauce, Caesar salad and french loaf	Popcorn Chicken with potatoes & veggies with dip	BBQ Meatballs, rice, green salad	Turkey dinner - Sliced turkey breast, mashed potatoes, corn, gravy, rolls
11	12	14	15
THANKSGIVING	Rigatoni with vegetable rosé sauce, garlic bread & green salad	Burgers on whole wheat buns and veggies & dip	Cheese quesadillas, salsa, chips
18	19	21	22
Lasagna with green salad, and a whole wheat roll	All Day breakfast - pancakes, chicken sausage, hash browns, syrup	Tacos- tortillas, ground taco (mild) beef, lettuce, cheese	Chicken hot dogs with chips and green salad
25	26	28	29
Farfalle with vegetarian sauce, Caesar salad and garlic bread	Breaded chicken burgers on whole wheat rolls & green salad	Meatballs, rice, green salad, whole wheat pita	Popcorn Chicken with veggies & dip

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.