

JICS HOT LUNCH MENU - SEPTEMBER - OCTOBER 2024



PASTA MONDAYS	CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
SEPTEMBER. 9	10	11	12	13
Fusilli with vegetarian sauce, and cheesy garlic bread	Baked white meat Chicken fingers with potatoes	All Day breakfast - pancakes, chicken sausage, fruit	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Breaded chicken burgers, carrots & green salad
16	17	18	19	20
Rotini with meat / tomato sauce, french loaf	Chicken schnitzel with rice, pita and applesauce	Beef Burgers, green salad	Meatballs in tomato sauce with rice & green salad	Popcorn chicken with potatoes and salad
23	24	25	26	27
Penne with veggie tomato sauce, cheesy garlic bread	Breaded chicken burgers with Caesar salad	Chicken fingers with rice, corn niblets	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	NEW! Cheese Pizza Pockets with Green salad
30	OCTOBER . 1	2	3	4
NEW! Baked Ziti with cheese and green salad	All Day breakfast - pancakes, chicken sausage, fruit	Cheese quesadillas with tortilla chips and salsa	Meatball subs with cheese and Caesar salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
7	8	9	10	11
Fusilli with meatballs/tomato sauce & Caesar salad	Popcorn chicken with potatoes and green salad	Baked macaroni and cheese with pita and veggies	Beef Burgers & Caesar salad	Cheese Pizza Pockets with Green salad
14	15	16	17	18
THANKSGIVING NO SCHOOL	Fusilli with ground chicken / tomato sauce, Caesar salad	All Day breakfast - pancakes, chicken sausage, fruit	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Baked white meat Chicken fingers with potatoes, and salad
21	22	23	24	25
Penne with meat / tomato sauce, french loaf	Chicken nuggets with potatoes and corn/carrots	NEW! Cheese Pizza Pockets with Green salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Chicken hot dogs with chips and veggies
28	29	30	31	NOVEMBER . 1
Lasagna with french loaf & green salad	NEW! Chicken Snack Wrap - chicken, lettuce, cheese, tortilla	Breaded chicken burgers, green salad, corn and carrots	Honey garlic meatballs with cauliflower rice, green salad	Rice bowl - rice, beef, shredded lettuce, cheese, chips & salsa

**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.