



JICS HOT LUNCH MENU - SEPTEMBER & OCTOBER 2020

MONDAY	TUESDAY	THURSDAY	FRIDAY
September			
14	15	17	18
Farfalle with meat sauce, Caesar salad and french loaf	Baked white meat Chicken fingers with peas & corn, and salad	Honey garlic meatballs with cauliflower rice, green mixed salad	Burgers on whole wheat buns and veggies & dip
21	22	24	25
Fusilli with meatballs/tomato sauce, french loaf & salad	Chicken hot dogs with corn chips and green salad	Sliders with Caesar salad	Popcorn Chicken with potatoes & veggies with dip
28	29	1	2
Rigatoni with vegetarian sauce, garlic bread & green salad	Chicken schnitzel, rice with carrots and peas, whole wheat pita	BBQ Meatballs, rice, green salad	Baked white meat Chicken fingers with chips and salad
October			
5	6	8	9
Farfalle with meat sauce, Caesar salad and french loaf	Baked white meat Chicken fingers with chips and salad	Honey garlic meatballs with cauliflower rice, green mixed salad	Burgers on whole wheat buns and veggies & dip
12	13	15	16
THANKSGIVING	Rigatoni with vegetable rosé sauce, garlic bread & green salad	Meatballs, rice, green salad, whole wheat pita	Chicken hot dogs with chips and green salad
19	20	22	23
Fusilli with meatballs/tomato sauce, french loaf & salad	Chicken schnitzel, rice with carrots and peas, whole wheat pita	Sliders with Caesar salad	Baked white meat Chicken fingers with tortilla chips and salsa, veggie
26	27	29	30
Farfalle with meat sauce, Caesar salad and whole wheat roll	Popcorn Chicken with rice & veggies	Burgers on whole wheat buns and green salad	Honey garlic meatballs with cauliflower rice, green mixed salad

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.