



# JICS HOT LUNCH MENU - FEB 16 - MAY 14, 2021

MONDAY	TUESDAY	THURSDAY	FRIDAY
<b>February</b>			
15	16	18	19
<b>FAMILY DAY</b>	Rigatoni with vegetable rosé sauce, french loaf	Honey garlic meatballs with cauliflower rice, green salad	Beef Burgers on whole wheat buns and veggies & dip
22	23	25	26
Fusilli with meatballs/tomato sauce, french loaf & salad	Baked white meat Chicken fingers with peas & corn	Tacos, corn chips, salsa, cheese	Chicken hot dogs with chips and green salad
<b>March</b>			
1	2	4	5
Penne with meat sauce, Caesar salad and french loaf	All day breakfast - pancakes, chicken sausage, hash brown and fruit salad	Meatballs, rice & whole wheat pita	<b>BREAK - Closed</b>
8	9	11	12
Farfalle with meat sauce, Caesar salad and cheesy garlic bread	Tacos, corn chips, salsa, cheese	Sliders & Caesar Salad	<b>BREAK - Closed</b>
15	16	18	19
Vegetarian lasagna, garlic bread, salad	Fish sticks, hash brown potatoes, and carrots	Chicken hot dogs with chips and green salad	<b>BREAK - Closed</b>
22	23	25	26
Fusilli with meatballs/tomato sauce, french loaf & salad	Popcorn chicken, potatoes and veggies & dip	Tacos, corn chips, salsa, cheese	<b>BREAK - Closed</b>
29	30	1	2
Rigatoni with vegetable rosé sauce, garlic bread & green salad	Honey garlic meatballs with cauliflower rice, green salad	Baked white meat Chicken fingers with chips and veggies	<b>Good Friday - Closed</b>
<b>April</b>			
5	6	8	9
<b>BREAK - Closed</b>	Penne with meat sauce, Caesar salad and french loaf	BBQ Meatballs, rice, mixed veggies	All day breakfast - pancakes, chicken sausage, fruit salad
12	13	15	16
<b>BREAK - Closed</b>	<b>BREAK - Closed</b>	<b>BREAK - Closed</b>	<b>BREAK - Closed</b>
19	20	23	23
Farfalle with meat sauce, Caesar salad and cheesy garlic bread	Tacos, corn chips, salsa, cheese	Fish sticks, potatoes, and carrots	Popcorn chicken, potatoes and veggies & dip
26	27	29	30
Fusilli with meatballs/tomato sauce, french loaf & salad	All day breakfast - pancakes, chicken sausage and fruit salad	Baked white meat Chicken fingers with chips and veggies	Chicken Burgers on whole wheat buns and veggies & dip
<b>May</b>			
3	4	6	7
Vegetarian lasagna, garlic bread, salad	Burgers on whole wheat buns and veggies & dip	Meatballs in tomato sauce, rice, mixed veggies	Sliders with Caesar salad
10	11	13	14
Farfalle with meat sauce, Caesar salad and french loaf	Tacos, corn chips, salsa, cheese	Popcorn chicken, potatoes and veggies & dip	Burgers on whole wheat buns and 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](http://www.thelunchmom.com). Please email ([tricia@thelunchmom.com](mailto:tricia@thelunchmom.com)) anytime.