

JICS HOT LUNCH MENU - September - December, 2023



MOSTLY PASTA MONDAYS	CHICKEN TUESDAYS	BEEFY WEDNESDAYS	MIXED THURSDAYS	FUN FRIDAYS
30	31	NOVEMBER 1	2	3
Penne with meat / tomato sauce, french loaf	Chicken nuggets with potatoes and corn	Meatball subs with cheese and cubed potatoes	Veggie Spring Rolls with fried rice & whole wheat pita	Cheese quesadillas with tortilla chips and salsa
6	7	8	9	10
Baked macaroni and cheese with pita and veggies	Baked white meat Chicken fingers with potatoes, and salad	Honey garlic meatballs with cauliflower rice, green salad	All Day breakfast - pancakes, chicken sausage, fruit salad	NO SCHOOL
13	14	15	16	17
NO SCHOOL	BBQ chicken rice bowl - rice, chicken, shredded lettuce, cheese & salsa	Beef Burgers, potatoes and Caesar salad	Fish sticks with pita, corn niblets and Caesar salad	Chicken hot dogs with potatoes and veggies
20	21	22	23	24
Penne with meat / tomato sauce, french loaf	Cheese quesadillas with tortilla chips and salsa	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Baked macaroni and cheese with pita and veggies	Baked white meat Chicken fingers with potatoes, and salad
27	28	29	30	DECEMBER 1
Rigatoni with vegetarian sauce, and cheesy garlic bread	All Day breakfast - pancakes, chicken sausage, fruit salad	Shepherd's Pie with salad and whole wheat roll	Honey garlic meatballs with cauliflower rice, green salad	Meatball subs with cheese and potatoes
4	5	6	7	8
Penne with meat / tomato sauce, french loaf	Chicken hot dogs with chips and veggies	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Chicken nuggets with potatoes and corn	Chicken nuggets with potatoes and corn
11	12	13	14	15
Fusilli with meatballs/tomato sauce, french loaf	Chicken, mini corn and carrot stir-fry over rice and pita bread	Beef Burgers, veggies and chips	Fish sticks with potatoes, corn niblets and Caesar salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
18	19	20	21	22
Vegetarian lasagna with Caesar salad & french loaf	Baked white meat Chicken fingers with potatoes, and salad	Meatball subs with cheese and cubed potatoes	All Day breakfast - pancakes, chicken sausage, fruit salad	HAPPY HOLIDAYS!

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.