

JICS HOT LUNCH MENU - September - December, 2023



MOSTLY PASTA MONDAYS	CHICKEN TUESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
SEPTEMBER 11	12	14	15
Penne with meat / tomato sauce, french loaf	Chicken nuggets with potatoes and Caesar salad	Meatballs in tomato sauce with rice	Breaded chicken burgers, green salad, corn and carrots
18	19	21	22
Rotini with vegetarian sauce, and cheesy garlic bread	All Day breakfast - pancakes, chicken sausage, fruit salad	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Beef Burgers, veggies and chips
25	26	28	29
Fusilli with meatballs/tomato sauce, french loaf	Breaded chicken burgers, rice & corn	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Baked white meat Chicken fingers with potatoes
OCTOBER 2	3	5	6
Rotini with vegetarian sauce, and cheesy garlic bread	Baked white meat Chicken fingers with potatoes and corn	Beef Burgers, Caesar salad and potatoes	Fish sticks with potatoes, Caesar salad
9	10	12	13
HAPPY THANKSGIVING!	Penne with ground chicken/ tomato sauce, french loaf	Honey garlic meatballs with cauliflower rice, green salad	All Day breakfast - pancakes, chicken sausage, fruit salad
16	17	19	20
Vegetarian lasagna with Caesar salad & french loaf	Breaded chicken burgers, carrots & green salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Chicken hot dogs with potatoes and veggies
23	24	26	27
Rigatoni with vegetarian sauce, and cheesy garlic bread	Baked white meat Chicken fingers with potatoes and corn	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Beef Burgers, veggies and chips
30	31	2	3
Penne with meat / tomato sauce, french loaf	Chicken nuggets with potatoes and corn	Meatball subs with cheese and cubed potatoes	Cheese quesadillas with tortilla chips and salsa
6	7	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	NO SCHOOL
13	14	16	17
NO SCHOOL	BBQ chicken rice bowl - rice, chicken, shredded lettuce, cheese & salsa	Beef Burgers, potatoes and Caesar salad	Chicken hot dogs with potatoes and veggies
20	21	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 white meat Chicken fingers with potatoes, and salad
27	28	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	Meatball subs with cheese and potatoes
4	5	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
11	12	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	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
18	19	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	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.