

JICS HOT LUNCH MENU - January to March 2024



MOSTLY PASTA MONDAYS	CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
JANUARY 8	9	10	11	12
Penne with meat / tomato sauce, french loaf	All Day breakfast - pancakes, chicken sausage, fruit salad	Breaded chicken burgers, green salad, corn and carrots	Meatballs in tomato sauce with rice & green salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
15	16	17	18	19
Rotini with vegetarian sauce, and cheesy garlic bread	Baked white meat Chicken fingers with potatoes	Fish sticks with potatoes, Caesar salad	Beef Burgers, Caesar salad and potatoes	Chicken hot dogs with chips and veggies
22	23	24	25	26
Fusilli with meatballs/tomato sauce, french loaf	Chicken nuggets with potatoes and Caesar salad	Veggie Spring Rolls with rice & mixed veggies & pita	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Beef Burgers, veggies and chips
29	30	31	FEBRUARY 1	2
Penne with meat / tomato sauce, french loaf	Chicken hot dogs with chips and veggies	All Day breakfast - pancakes, chicken sausage, fruit salad	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Baked white meat Chicken fingers with potatoes and corn
5	6	7	8	9
Baked macaroni and cheese with pita and veggies	Chicken bowl with mini corn and carrots over rice and pita bread	Chicken nuggets with potatoes and mixed veggies	Honey garlic meatballs with cauliflower rice, green salad	All Day breakfast - pancakes, chicken sausage, fruit salad
12	13	14	15	16
Rotini with vegetarian sauce, and cheesy garlic bread	Breaded chicken burgers, carrots & green salad	Fish sticks with rice, corn niblets and Caesar salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	PD DAY - NO SCHOOL
19	20	21	22	23
FAMILY DAY - NO SCHOOL	Penne with ground chicken/ tomato sauce, french loaf	Baked macaroni and cheese with pita and veggies	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Beef Burgers, veggies and chips
26	27	28	29	MARCH. 1
Penne with meat / tomato sauce, french loaf	Chicken nuggets with potatoes and corn	Veggie Spring Rolls with rice & mixed veggies & pita	Meatball subs with cheese and cubed potatoes	Cheese quesadillas with tortilla chips and salsa
4	5	6	7	8
Rigatoni with vegetarian sauce, and cheesy garlic bread	Baked white meat Chicken fingers with potatoes, and salad	All Day breakfast - pancakes, chicken sausage, fruit salad	Honey garlic meatballs with cauliflower rice, green salad	Chicken hot dogs with potatoes and veggies
11	12	13	14	15
MARCH BREAK	MARCH BREAK	MARCH BREAK	MARCH BREAK	MARCH BREAK
18	19	21	21	22
MARCH BREAK	MARCH BREAK	MARCH BREAK	MARCH BREAK	MARCH BREAK
25	26	27	28	29
Rigatoni with vegetarian sauce, and cheesy garlic bread	Baked white meat Chicken fingers with potatoes, and salad	Beef Burgers, veggies and chips	Meatballs in tomato sauce with rice, green salad	GOOD FRIDAY - NO SCHOOL
72	115			56

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.