

# JICS MASTER HOT LUNCH MENU - JANUARY - MARCH 2025



PASTA MONDAYS		CHICKEN TUESDAYS		MIXED WEDNESDAYS		BEEFY THURSDAYS		FUN FRIDAYS	
<b>JANUARY</b>		<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>	
Fusilli with vegetarian sauce, and cheesy garlic bread		Baked white meat Chicken fingers with potatoes		All Day breakfast - pancakes, chicken sausage, fruit		Meatballs in tomato sauce with rice & green salad		Breaded chicken burgers, carrots & green salad	
<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>		<b>17</b>	
Rotini with meat / tomato sauce, french loaf		Popcorn chicken with potatoes and salad		Beef Burgers, green salad		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips		Cheese Pizza Pockets & Caesar salad	
<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>	
Rotini with meatballs/tomato sauce & Caesar salad		Breaded chicken burgers with Caesar salad		Fish sticks with rice, corn niblets		Rice bowl - rice, beef, shredded lettuce, cheese & salsa		Chicken hot dogs with chips and veggies	
<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>		<b>FEBRUARY</b>	
Lasagna with french loaf & green salad		Cheese quesadillas with tortilla chips and salsa		All Day breakfast - pancakes, chicken sausage, fruit		Meatball subs with cheese and shredded lettuce		Popcorn chicken with potatoes and salad	
<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>	
Penne with veggie tomato sauce, cheesy garlic bread		Chicken schnitzel with potatoes, pita and applesauce		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips		Beef Burgers & Caesar salad		Baked white meat Chicken fingers with potatoes, and salad	
<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>	
Fusilli with vegetarian sauce, and cheesy garlic bread		All Day breakfast - pancakes, chicken sausage, fruit		Chicken fingers with potatoes and corn/carrots		Meatballs in tomato sauce with rice & green salad		<b>NO SCHOOL</b>	
<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>	
<b>FAMILY DAY NO SCHOOL</b>		Fusilli with ground chicken / tomato sauce, Caesar salad		Breaded chicken burgers, green salad, corn and carrots		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips		Meatball subs with cheese and Caesar salad	
<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>	
Rotini with meat / tomato sauce, french loaf		Chicken hot dogs with chips and veggies		Rice bowl - rice, beef, shredded lettuce, cheese & salsa		Honey garlic meatballs with cauliflower rice, green salad		Beef Burgers, green salad	
<b>MARCH</b>		<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>	
Fusilli with vegetarian sauce, and cheesy garlic bread		Chicken Snack Wrap - chicken, lettuce, cheese, tortilla		Cheese quesadillas with tortilla chips and salsa		All Day breakfast - pancakes, chicken sausage, fruit		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>	
<b>MARCH BREAK</b>		<b>MARCH BREAK</b>		<b>MARCH BREAK</b>		<b>MARCH BREAK</b>		<b>MARCH BREAK</b>	
<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>	
<b>MARCH BREAK</b>		<b>MARCH BREAK</b>		<b>MARCH BREAK</b>		<b>MARCH BREAK</b>		<b>MARCH BREAK</b>	
<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>	
Rigatoni with vegetarian sauce, and cheesy garlic bread		Chicken fingers with potatoes and corn/carrots		Fish sticks with rice, corn niblets		Beef Burgers & Caesar salad		All Day breakfast - pancakes, chicken sausage, fruit	

**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.