

# MABIN HOT LUNCH MENU - April 18 to June 16, 2022



MONDAY	TUESDAY	WEDNESDAYS	THURSDAY
MOSTLY PASTA MONDAYS	CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEFY THURSDAYS
18	19	20	21
<b>NO SCHOOL - EASTER MONDAY</b>	Penne with vegetable sauce, garlic bread & green salad	Breaded chicken burgers on whole wheat rolls & chips	Tacos- tortillas, ground taco (mild) beef, lettuce, cheese
25	26	27	28
Penne with meat sauce, Caesar salad and french loaf	Baked chicken drumsticks with rice, pita and green salad	Fish sticks with cubed potatoes, corn niblets and Caesar salad	Honey garlic meatballs with cauliflower rice, green salad
May	3	4	5
Rigatoni with vegetarian sauce, garlic bread & green salad	Rice bowl - rice, shredded chicken, shredded lettuce, cheese & salsa	Veggie Spring Rolls with rice, carrots & whole wheat pita	Burgers on whole wheat buns and veggies & dip
9	10	11	12
Fusilli with meatballs/tomato sauce, french loaf & salad	Breaded chicken burgers on whole wheat rolls & green salad	Baked white meat Chicken fingers with corn chips, and salad	Tacos- tortillas, ground taco (mild) beef, lettuce, cheese
16	17	18	19
Fusilli with veggie tomato sauce, french loaf & salad	Baked chicken drumsticks with rice, pita and green salad	Cheese quesadillas with tortilla chips and salsa on the side	BBQ Meatballs, rice, green salad
23	24	25	26
<b>NO SCHOOL - VICTORIA DAY</b>	All Day breakfast - pancakes, chicken sausage, hash browns, fruit salad	Fish sticks with potatoes, corn niblets and Caesar salad	Burgers on whole wheat buns and veggies & dip
30	31	June	2
Penne with meat sauce, Caesar salad and french loaf	Chicken fried rice with mini spring rolls	Meatball subs with cheese and cubed potatoes	Tacos- tortillas, ground taco (mild) beef, lettuce, cheese
6	7	8	9
Lasagna with green salad, and a whole wheat roll	Chicken nuggets with rice and carrots, apple sauce	All Day breakfast - pancakes, chicken sausage, hash browns, fruit salad	Rice bowl - rice, ground beef, shredded lettuce, cheese & salsa
13	14	15	16
Rigatoni with vegetable rosé sauce, garlic bread & green salad	Breaded chicken burgers on whole wheat rolls & chips	Fish sticks with potatoes, carrots & corn niblets	LAST DAY OF HOT LUNCH! Chicken hot dogs with chips, watermelon and a cookie

**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.