

MABIN HOT LUNCH MENU - September - December, 2023



CHICKEN MONDAYS	MOSTLY PASTA TUESDAYS	BEEFY WEDNESDAYS	MIXED THURSDAYS
SEPTEMBER 11	12	13	14
Chicken nuggets with potatoes and Caesar salad	Penne with meat / tomato sauce, french loaf	Meatballs in tomato sauce with rice	Breaded chicken burgers, green salad, corn and carrots
18	19	20	21
All Day breakfast - pancakes, chicken sausage, fruit salad	Rotini with vegetarian sauce, and cheesy garlic bread	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Baked white meat Chicken fingers with potatoes
25	26	27	28
Breaded chicken burgers, rice & corn	Fusilli with meatballs/tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Fish sticks with potatoes, Caesar salad
OCTOBER 2	3	4	5
Baked white meat Chicken fingers with potatoes and corn	Rotini with vegetarian sauce, and cheesy garlic bread	Beef Burgers, Caesar salad and potatoes	Veggie Spring Rolls with fried rice & whole wheat pita
9	10	11	12
HAPPY THANKSGIVING!	Penne with ground chicken/ tomato sauce, french loaf	Honey garlic meatballs with cauliflower rice, green salad	Chicken nuggets with potatoes and mixed veggies
16	17	18	19
Breaded chicken burgers, carrots & green salad	Vegetarian lasagna with Caesar salad & french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Baked macaroni and cheese with pita and veggies
23	24	25	26
Baked white meat Chicken fingers with potatoes and corn	Rigatoni with vegetarian sauce, and cheesy garlic bread	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Fish sticks with rice, corn niblets and Caesar salad
30	31	NOVEMBER 1	2
Chicken nuggets with potatoes and corn	Penne with meat / tomato sauce, french loaf	Meatball subs with cheese and cubed potatoes	Veggie Spring Rolls with fried rice & whole wheat pita
6	7	8	9
Baked white meat Chicken fingers with potatoes, and salad	Baked macaroni and cheese with pita and veggies	Honey garlic meatballs with cauliflower rice, green salad	All Day breakfast - pancakes, chicken sausage, fruit salad
13	14	15	16
NO SCHOOL	Fusilli with meatballs/tomato sauce, french loaf	Beef Burgers, potatoes and Caesar salad	Fish sticks with pita, corn niblets and Caesar salad
20	21	22	23
Cheese quesadillas with tortilla chips and salsa	Penne with meat / tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Baked macaroni and cheese with pita and veggies
27	28	29	30
All Day breakfast - pancakes, chicken sausage, fruit salad	Rigatoni with vegetarian sauce, and cheesy garlic bread	Shepherd's Pie with salad and whole wheat roll	Honey garlic meatballs with cauliflower rice, green salad
4	5	6	7
Chicken hot dogs with chips and veggies	Penne with meat / tomato sauce, french loaf	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Chicken nuggets with potatoes and corn
11	12	13	14
Chicken, mini corn and carrot stir-fry over rice and pita bread	Fusilli with meatballs/tomato sauce, french loaf	Beef Burgers, veggies and chips	Fish sticks with potatoes, corn niblets and Caesar salad
18	19	20	21
Baked white meat Chicken fingers with potatoes, and salad	Vegetarian lasagna with Caesar salad & french loaf	Meatball subs with cheese and cubed potatoes	All Day breakfast - pancakes, chicken sausage, fruit salad

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.