

# MABIN HOT LUNCH MENU - January - March, 2023



MONDAY	TUESDAY	WEDNESDAYS	THURSDAY
<b>CHICKEN MONDAYS</b>	<b>MOSTLY PASTA TUESDAYS</b>	<b>BEFFY WEDNESDAYS</b>	<b>MIXED THURSDAYS</b>
<b>JANUARY</b> 9	10	11	12
<b>NO SCHOOL</b>	Rigatoni with vegetarian sauce, and cheesy garlic bread	Honey garlic meatballs with cauliflower rice, green salad	Breaded chicken burgers on whole wheat rolls & corn and carrots
16	17	18	19
Baked white meat Chicken fingers with potatoes	Penne with meat sauce and french loaf	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Cheese quesadillas with tortilla chips and salsa
23	24	25	26
Breaded chicken burgers on whole wheat rolls & chips	Lasagna with Caesar salad, and a whole wheat roll	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Fish sticks with potatoes, carrots & corn niblets
30	31	<b>FEBRUARY</b> 1	2
Chicken nuggets with rice and carrots	Rigatoni with vegetarian sauce, and cheesy garlic bread	Meatballs in tomato sauce with rice	Veggie Spring Rolls with rice, carrots & whole wheat pita
6	7	8	9
All Day breakfast - pancakes, chicken sausage, hash browns	Penne with meat sauce and french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Burgers on whole wheat buns and potatoes
13	14	15	16
Baked white meat Chicken fingers with potatoes and corn	Fusilli with meatballs/tomato sauce, french loaf	Burgers on whole wheat buns and veggies & dip	Baked macaroni and cheese with pita and veggies
20	21	22	23
<b>FAMILY DAY NO SCHOOL</b>	Rigatoni with vegetarian sauce, and cheesy garlic bread	Meatball subs with cheese and cubed potatoes	Chicken nuggets with rice and mixed veggies
27	28	<b>MARCH</b> 1	2
Breaded chicken burgers on whole wheat rolls & carrots/peas	Lasagna with Caesar salad, and a whole wheat roll	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Fish sticks with rice, corn niblets and Caesar salad
6	7	8	9
Chicken hot dogs with chips and veggies	Rigatoni with vegetarian sauce, and cheesy garlic bread	Honey garlic meatballs with cauliflower rice, green salad	Baked white meat Chicken fingers with potatoes, and salad
13	14	15	16
<b>MARCH BREAK</b>	<b>MARCH BREAK</b>	<b>MARCH BREAK</b>	<b>MARCH BREAK</b>
20	21	22	23
<b>MARCH BREAK</b>	<b>MARCH BREAK</b>	<b>MARCH BREAK</b>	<b>MARCH BREAK</b>
27	28	29	30
Baked white meat Chicken fingers with potatoes, and salad	Fusilli with meatballs/tomato sauce, french loaf	Burgers on whole wheat buns and chips	Fish sticks with rice, corn niblets and Caesar 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](http://www.thelunchmom.com). Please email ([tricia@thelunchmom.com](mailto:tricia@thelunchmom.com)) anytime.