

MABIN HOT LUNCH MENU - September 12 - October 27, 2022



MONDAY	TUESDAY	WEDNESDAYS	THURSDAY
CHICKEN MONDAYS	PASTA TUESDAYS	BEEFY WEDNESDAYS	MIXED THURSDAYS
SEPTEMBER 12	13	14	15
Baked chicken nuggets with rice and carrots	Penne with meat sauce and french loaf	Honey garlic meatballs with cauliflower rice, green salad	Fish sticks with potatoes, corn niblets and Caesar salad
19	20	21	22
Breaded chicken burgers on whole wheat rolls & green salad	Rigatoni with vegetarian sauce, and cheesy garlic bread	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	All Day breakfast - pancakes, chicken sausage, hash browns
26	27	28	29
Baked white meat Chicken fingers with rice and mixed veggies	Fusilli with meatballs/tomato sauce, french loaf	Burgers on whole wheat buns and cubed potatoes	Cheese quesadillas with tortilla chips and salsa on the side
OCTOBER 3	4	5	6
All Day breakfast - pancakes, chicken sausage, hash browns	Penne with meat sauce and french loaf	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Fish sticks with corn niblets and Caesar salad
10	11	12	13
HAPPY THANKSGIVING!!! NO SCHOOL	Fusilli with veggie tomato sauce, french loaf & salad	Meatballs in tomato sauce, rice, green salad	Chicken nuggets with carrots and cucumbers and dip
17	18	19	20
Baked chicken nuggets with rice and carrots, apple sauce	Lasagna with Caesar salad, and a whole wheat roll	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Meatball subs with cheese and cubed potatoes
24	25	26	27
Baked chicken drumsticks with rice and whole wheat pita	Penne with meat sauce and french loaf	Burgers on whole wheat buns and veggies & dip	Fish sticks with potatoes and green 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.