



JACKMAN HOT LUNCH MENU - WINTER 2020

CHICKEN & PASTA MONDAYS	MIXED WEDNESDAYS	FUN LUNCH FRIDAYS
JANUARY		
6	8	10
Fusilli with ground beef/tomato sauce, french loaf, Caesar salad	PIZZA DAY NO HOT LUNCH!	Breaded chicken burgers on whole wheat rolls, Caesar salad
13	15	17
All Day Breakfast. Pancakes, eggs, and chicken sausages	Chicken Spring Rolls with rice, peas and corn & whole wheat pita	PA DAY
20	22	24
Rigatoni with vegetable rosé sauce, garlic bread & green salad	Honey garlic meatballs with cauliflower rice, green mixed salad	Burgers on whole wheat buns, chips and green salad
27	29	31
Chicken schnitzel, rice with carrots and peas, whole wheat pita and apple sauce	PIZZA DAY NO HOT LUNCH!	Chicken hot dogs with chips and green salad
FEBRUARY		
3	5	7
Farfalle with meat sauce, Caesar salad and cheesy garlic bread	Tacos with all the fixings, nacho chips & salsa	BBQ Meatball subs served with shredded lettuce, corn chips
10	12	14
Lasagna with green salad and french loaf	Popcorn chicken with Caesar salad, and corn niblets	PA DAY
17	19	21
FAMILY DAY	PIZZA DAY NO HOT LUNCH!	Baked white meat Chicken fingers with chips and salad
24	26	28
TriColour Rotini with vegetable rosé sauce, french loaf and green salad	Fish sticks with rice, peas and carrots, and Caesar salad	Popcorn Chicken with chips & Caesar salad
MARCH		
2	4	6
Breaded chicken burgers on whole wheat rolls & green salad	BBQ Meatballs, rice, green salad, whole wheat pita	Chicken hot dogs with chips and green salad
9	11	13
Baked chicken drumsticks with rice, carrots, peas and corn and green salad	PIZZA DAY NO HOT LUNCH!	Beef Burgers with fries & mixed salad
16	18	20
MARCH BREAK	MARCH BREAK	MARCH BREAK
23	25	27
Rigatoni with meat sauce, green salad and whole wheat rolls	All Day Breakfast. Pancakes, eggs, and chicken sausages	Sliders with Caesar salad, veggies and dip

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**

KIDS ARE WELCOME TO COME FOR SECONDS!!!

Menus and ONLINE ORDERING at www.thelunchmom.com. Please email (tricia@thelunchmom.com) anytime.