

# JICS HOT LUNCH MENU - September 12 - December 20, 2022



MONDAY	TUESDAY	THURSDAY	FRIDAY
<b>CHICKEN MONDAYS</b>	<b>PASTA TUESDAYS</b>	<b>MIXED THURSDAYS</b>	<b>FUN FRIDAYS</b>
31	<b>NOVEMBER 1</b>	<b>3</b>	<b>4</b>
Rice bowl - rice, shredded chicken, shredded lettuce, cheese & salsa	Rigatoni with vegetarian sauce, and cheesy garlic bread	Breaded chicken burgers on whole wheat rolls & green salad	Chicken nuggets with chips and veggies
7	8	10	11
Baked white meat Chicken fingers with potatoes, and salad	Fusilli with meatballs/tomato sauce, french loaf	Meatball Subs with cheese and cubed potatoes	Burgers on whole wheat buns and chips
14	15	17	18
<b>NO SCHOOL</b>	Penne with meat sauce and french loaf	Fish sticks with potatoes, carrots & corn niblets	Breaded chicken burgers on whole wheat rolls & chips
21	22	24	25
Chicken nuggets with rice and carrots	Rigatoni with vegetarian sauce, and cheesy garlic bread	Cheese quesadillas with tortilla chips and salsa	Chicken hot dogs with chips and veggies
28	29	<b>DECEMBER 1</b>	<b>2</b>
All Day breakfast - pancakes, chicken sausage, hash browns	Fusilli with meatballs/tomato sauce, french loaf	Breaded chicken burgers on whole wheat rolls & green salad	Meatball subs with cheese and cubed potatoes
5	6	8	9
Baked white meat Chicken fingers with rice and mixed veggies	Lasagna with Caesar salad, and a whole wheat roll	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Burgers on whole wheat buns and chips
12	13	15	16
Chicken nuggets with rice and mixed veggies	Penne with meat sauce and french loaf	Honey garlic meatballs with cauliflower rice, green salad	Chicken hot dogs with chips and veggies
19	20		
Breaded chicken burgers on whole wheat rolls & carrots/peas	Rigatoni with vegetable rosé sauce, garlic bread & green salad	<b>HAPPY HOLIDAYS!!!</b>	

**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.