



JRR HOT LUNCH MENU - WINTER 2020

MOSTLY CHICKEN MONDAYS	LOTS OF PASTA TUESDAYS	BEEF LOVER WEDNESDAYS	MIXED THURSDAYS	FUN LUNCH FRIDAYS
JANUARY				
6	7	8	9	10
All white meat chicken fingers with green salad, and corn niblets	Fusilli with ground beef/tomato sauce, french loaf, Caesar salad	Rice bowl with beef, cheese, shredded lettuce, nacho chips & salsa	PIZZA DAY NO HOT LUNCH!	Breaded chicken burgers on whole wheat rolls, Caesar salad
13	14	15	16	17
All Day Breakfast. Pancakes, eggs, and chicken sausages	TriColour rotini, meatballs/ tomato sauce, whole wheat rolls & salad	Sliders with Caesar salad, veggies and dip	Chicken Spring Rolls with rice, peas and corn & whole wheat pita	PA DAY
20	21	22	23	24
Baked chicken drumsticks with rice with peas and carrots and green salad	Rigatoni with vegetable rosé sauce, garlic bread & green salad	Honey garlic meatballs with cauliflower rice, green mixed salad	PIZZA DAY NO HOT LUNCH!	Burgers on whole wheat buns, chips and green salad
27	28	29	30	31
Chicken schnitzel, rice with carrots and peas, whole wheat pita and apple sauce	Fusilli with meatballs/tomato sauce, french loaf & salad	Shepherd's pie with Caesar salad & whole wheat pita bread	White meat Chicken fingers with Caesar salad	Chicken hot dogs with chips and green salad
FEBRUARY				
3	4	5	6	7
Breaded chicken burgers on whole wheat rolls, and green salad	Farfalle with meat sauce, Caesar salad and cheesy garlic bread	Rice bowl with beef, cheese, shredded lettuce, nacho chips & salsa	PIZZA DAY NO HOT LUNCH!	BBQ Meatball subs served with shredded lettuce, corn chips
10	11	12	13	14
Grilled chicken breast Caesar WRAP	Lasagna with green salad and french loaf	Beef stew served over rice with french loaf and salad	Popcorn chicken with Caesar salad, and corn niblets	PA DAY
17	18	19	20	21
FAMILY DAY	Penne with ground chicken tomato sauce, french loaf, salad	Honey garlic meatballs, rice, green salad, whole wheat bun	PIZZA DAY NO HOT LUNCH!	Baked white meat Chicken fingers with chips and salad
24	25	26	27	28
All Day Breakfast. Pancakes, eggs, and chicken sausages	TriColour Rotini with vegetable rosé sauce, french loaf and green salad	Fish sticks with rice, peas and carrots, and Caesar salad	Burgers and Caesar salad	Popcorn Chicken with chips & Caesar salad
MARCH				
2	3	4	5	6
Breaded chicken burgers on whole wheat rolls & green salad	Fusilli with meat sauce, salad and cheesy garlic bread	BBQ Meatballs, rice, green salad, whole wheat pita	PIZZA DAY NO HOT LUNCH!	Chicken hot dogs with chips and green salad
9	10	11	12	13
Baked chicken drumsticks with rice, carrots, peas and corn and green salad	TriColour rotini, vegetarian sauce, french loaf & salad	Rice bowl with beef, cheese, shredded lettuce, nacho chips & salsa	Baked white meat Chicken fingers with home fries and salad	Beef Burgers with fries & mixed salad
16	17	18	19	20
MARCH BREAK	MARCH BREAK	MARCH BREAK	MARCH BREAK	MARCH BREAK
23	24	25	26	27
Popcorn chicken with Caesar salad and peas/carrots	Rigatoni with meat sauce, green salad and whole wheat rolls	Meatballs with cauliflower rice, green mixed salad	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.