

MABIN HOT LUNCH MENU - November - December 23, 2022



MONDAY	TUESDAY	WEDNESDAYS	THURSDAY
CHICKEN MONDAYS	MOSTLY PASTA TUESDAYS	BEFFY WEDNESDAYS	MIXED THURSDAYS
31	NOVEMBER 1	2	3
Rice bowl - rice, shredded chicken, shredded lettuce, cheese & salsa	Rigatoni with vegetarian sauce, and cheesy garlic bread	Honey garlic meatballs with cauliflower rice, green salad	Breaded chicken burgers on whole wheat rolls & green salad
7	8	9	10
Baked white meat Chicken fingers with potatoes, and salad	Fusilli with meatballs/tomato sauce, french loaf	Meatball subs with cheese and cubed potatoes	Veggie Spring Rolls with rice, carrots & whole wheat pita
14	15	16	17
MID TERM BREAK - NO SCHOOL	Penne with meat sauce and french loaf	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Fish sticks with potatoes, carrots & corn niblets
21	22	23	24
Chicken nuggets with rice and carrots	Rigatoni with vegetarian sauce, and cheesy garlic bread	Burgers on whole wheat buns and potatoes	Cheese quesadillas with tortilla chips and salsa
28	29	30	DECEMBER 1
All Day breakfast - pancakes, chicken sausage, hash browns	Fusilli with meatballs/tomato sauce, french loaf	Meatballs in tomato sauce with rice	Breaded chicken burgers on whole wheat rolls & green salad
5	6	7	8
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	Meatball subs with cheese and cubed potatoes
12	13	14	15
Breaded chicken burgers on whole wheat rolls & carrots/peas	Penne with meat sauce and french loaf	Honey garlic meatballs with cauliflower rice, green salad	Cheese quesadillas with tortilla chips and salsa on the side
19	20	21	22
Chicken nuggets with rice and mixed veggies	Rigatoni with vegetable rosé sauce, garlic bread & green salad	Burgers on whole wheat buns and veggies & dip	Fish sticks with 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. Please email (tricia@thelunchmom.com) anytime.