

OLPH HOT LUNCH MENU - November - December 23, 2022



MONDAY	TUESDAY	WEDNESDAYS	THURSDAY	FRIDAY
MOSTLY PASTA MONDAYS	CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
31	NOVEMBER 1	2	3	4
Rigatoni with vegetarian sauce, and cheesy garlic bread	Rice bowl - rice, shredded chicken, shredded lettuce, cheese & salsa	Breaded chicken burgers on whole wheat rolls & green salad	Honey garlic meatballs with cauliflower rice, green salad	Chicken nuggets with chips and veggies
7	8	9	10	11
Fusilli with meatballs/tomato sauce, french loaf	Baked white meat Chicken fingers with potatoes, and salad	Veggie Spring Rolls with rice, carrots & whole wheat pita	Meatball subs with cheese and cubed potatoes	Burgers on whole wheat buns and chips
14	15	16	17	18
Penne with meat sauce and french loaf	Breaded chicken burgers on whole wheat rolls & chips	Fish sticks with potatoes, carrots & corn niblets	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	PD DAY - NO SCHOOL
21	22	23	24	25
Rigatoni with vegetarian sauce, and cheesy garlic bread	Chicken nuggets with rice and carrots	Cheese quesadillas with tortilla chips and salsa	Burgers on whole wheat buns and potatoes	PIZZA LUNCH NO HOT LUNCH
28	29	30	DECEMBER 1	2
Fusilli with meatballs/tomato sauce, french loaf	All Day breakfast - pancakes, chicken sausage, hash browns	Breaded chicken burgers on whole wheat rolls & green salad	Meatballs in tomato sauce with rice	PD DAY - NO SCHOOL
5	6	7	8	9
Lasagna with Caesar salad, and a whole wheat roll	Baked white meat Chicken fingers with rice and mixed veggies	Meatball subs with cheese and cubed potatoes	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Burgers on whole wheat buns and chips
12	13	14	15	16
Penne with meat sauce and french loaf	Breaded chicken burgers on whole wheat rolls & carrots/peas	Cheese quesadillas with tortilla chips and salsa on the side	Honey garlic meatballs with cauliflower rice, green salad	Chicken hot dogs with chips and veggies
19	20	21	22	23
Rigatoni with vegetable rosé sauce, garlic bread & green salad	Chicken nuggets with rice and mixed veggies	Fish sticks with corn niblets and Caesar salad	Burgers on whole wheat buns and veggies & dip	All Day breakfast - pancakes, chicken sausage, hash browns, fruit 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.