



WHITNEY HOT LUNCH MENU - WINTER 2020

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

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.