

OLPH HOT LUNCH MENU - April - June, 2023



MONDAY	TUESDAY	WEDNESDAYS	THURSDAY	FRIDAY
MOSTLY PASTA MONDAYS	CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
APRIL 3	4	5	6	7
Penne with meat sauce and french loaf	Chicken nuggets with potatoes and Caesar salad	Cheese quesadillas with tortilla chips and salsa	Honey garlic meatballs with cauliflower rice, green salad	GOOD FRIDAY NO SCHOOL
10	11	12	13	14
EASTER MONDAY NO SCHOOL	Rigatoni with vegetarian sauce, and cheesy garlic bread	Baked white meat Chicken fingers with potatoes	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Beef Burgers, veggies and chips
17	18	19	20	21
Fusilli with meatballs/ tomato sauce, french loaf	All Day breakfast - pancakes, chicken sausage, hash browns	Fish sticks with potatoes, Caesar salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Chicken nuggets with rice and carrots
24	25	26	27	28
Rigatoni with vegetarian sauce, and cheesy garlic bread	Breaded chicken burgers & corn and carrots	Veggie Spring Rolls with rice, green salad & whole wheat pita	Meatballs in tomato sauce with rice	PIZZA LUNCH NO HOT LUNCH
MAY 1	2	3	4	5
Penne with meat sauce and french loaf	Baked white meat Chicken fingers with potatoes and corn	Baked macaroni and cheese with pita and veggies	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Chicken hot dogs with potatoes and veggies
8	9	10	11	12
Fusilli with meatballs/ tomato sauce, french loaf	Chicken nuggets with potatoes and mixed veggies	Cheese quesadillas with tortilla chips and salsa	Beef Burgers, green salad and potatoes	All Day breakfast - pancakes, chicken sausage, hash browns, fruit salad
15	16	17	18	19
Rigatoni with vegetarian sauce, and cheesy garlic bread	Breaded chicken burgers, carrots & green salad	Fish sticks with rice, corn niblets and Caesar salad	Meatball subs with cheese and cubed potatoes	Baked white meat Chicken fingers with potatoes, and salad
22	23	24	25	26
VICTORIA DAY NO SCHOOL	Penne with ground chicken tomato sauce and french loaf	Chicken hot dogs with potatoes and veggies	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	PIZZA LUNCH NO HOT LUNCH
29	30	31	JUNE 1	2
Baked macaroni and cheese with pita and veggies	All Day breakfast - pancakes, chicken sausage, hash browns	Baked white meat Chicken fingers with rice, and salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	PD DAY
5	6	7	8	9
Penne with meat / tomato sauce, french loaf	Chicken nuggets with potatoes and corn	Veggie Spring Rolls with rice, green salad & whole wheat pita	Honey garlic meatballs with cauliflower rice, green salad	Beef Burgers, veggies and chips
12	13	14	15	16
Rigatoni with vegetarian sauce, and cheesy garlic bread	Breaded chicken burgers, potatoes & carrots/peas	Fish sticks with rice, corn niblets and Caesar salad	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Meatball subs with cheese and chips
19	20	21	22	23
Fusilli with meatballs/ tomato sauce, french loaf	Baked white meat Chicken fingers with potatoes, and salad	All Day breakfast - pancakes, chicken sausage, hash browns	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	PIZZA LUNCH NO HOT LUNCH
26	27	28	29	HAPPY SUMMER!!!! 30
Penne with meat / tomato sauce, french loaf	Chicken hot dogs with potatoes and green salad	Baked macaroni and cheese with pita and veggies	Beef Burgers, potatoes and Caesar salad	Chicken nuggets with rice and carrots & a cookie!

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.