

OLPH HOT LUNCH MENU - APRIL 19 - JUNE 30 2022



MONDAY	TUESDAY	WEDNESDAYS	THURSDAY	FRIDAY
MOSTLY PASTA MONDAYS	CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
18	19	20	21	22
EASTER MONDAY	Penne with vegetable sauce, garlic bread & green salad	Breaded chicken burgers on whole wheat rolls & chips	Tacos- tortillas, ground taco (mild) beef, lettuce, cheese	Chicken hot dogs with chips and veggies
25	26	27	28	29
Penne with meat sauce, Caesar salad and french loaf	Baked chicken drumsticks with rice, pita and green salad	Fish sticks with cubed potatoes, corn niblets and Caesar salad	Honey garlic meatballs with cauliflower rice, green salad	PIZZA LUNCH NO HOT LUNCH
May	3	4	5	6
Rigatoni with vegetarian sauce, garlic bread & green salad	Rice bowl - rice, shredded chicken, shredded lettuce, cheese & salsa	Veggie Spring Rolls with rice, carrots & whole wheat pita	Burgers on whole wheat buns and veggies & dip	Chicken nuggets with chips, carrots and cucumbers
9	10	11	12	13
Fusilli with meatballs/tomato sauce, french loaf & salad	Breaded chicken burgers on whole wheat rolls & green salad	Baked white meat Chicken fingers with corn chips, and salad	Tacos- tortillas, ground taco (mild) beef, lettuce, cheese	All Day breakfast - pancakes, chicken sausage, hash browns, fruit salad
16	17	18	19	20
Fusilli with veggie tomato sauce, french loaf & salad	Baked chicken drumsticks with rice, pita and green salad	Cheese quesadillas with tortilla chips and salsa on the side	BBQ Meatballs, rice, green salad	Chicken hot dogs with chips and veggies
23	24	25	26	27
NO SCHOOL	All Day breakfast - pancakes, chicken sausage, hash browns, fruit salad	Fish sticks with potatoes, corn niblets and Caesar salad	Burgers on whole wheat buns and veggies & dip	PIZZA LUNCH NO HOT LUNCH
30	31	June	2	3
Penne with meat sauce, Caesar salad and french loaf	Chicken fried rice with mini spring rolls	Meatball subs with cheese and cubed potatoes	Tacos- tortillas, ground taco (mild) beef, lettuce, cheese	PD DAY NO SCHOOL
6	7	8	9	10
Lasagna with green salad, and a whole wheat roll	Chicken nuggets with rice and carrots, apple sauce	All Day breakfast - pancakes, chicken sausage, hash browns, fruit salad	Rice bowl - rice, ground beef, shredded lettuce, cheese & salsa	Burgers on whole wheat buns and chips
13	14	15	16	17
Rigatoni with vegetable rosé sauce, garlic bread & green salad	Breaded chicken burgers on whole wheat rolls & chips	Fish sticks with potatoes, carrots & corn niblets	Honey garlic meatballs with cauliflower rice, green salad	Chicken hot dogs with veggies and dip
20	21	22	23	24
Penne with meat sauce, Caesar salad and french loaf	Chicken nuggets with rice and carrots, apple sauce	Baked white meat Chicken fingers with potatoes, and salad	Burgers on whole wheat buns and veggies & dip	PIZZA LUNCH NO HOT LUNCH
27	28	29	30	
Fusilli with meatballs/tomato sauce, french loaf & salad	All Day breakfast - pancakes, chicken sausage, hash browns, fruit salad	Cheese quesadillas with tortilla chips and salsa	Picnic lunch! 1/2 turkey & 1/2 jam sandwiches, chips, watermelon and a cookie!	HAVE A SAFE AND HAPPY SUMMER!!!

**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.