

RH MCGREGOR FALL LUNCH MENU - SEPT & OCTOBER 2026

PASTA & CHICKEN MONDAYS	MIXED WEDNESDAYS	BEEFY THURSDAYS	FUN FRIDAYS - ALT PIZZA
SEPT 14	Sept 16	Sept 17	Sept 18
Rotini with meat / tomato sauce, french loaf	All Day breakfast - pancakes, chicken sausage, fruit	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Beef Burgers & Caesar salad
Sept 21	Sept 23	Sept 23	Sept 25
Baked white meat Chicken fingers with chips, and veggies	Meatballs in tomato sauce with rice	Soft Tacos - ground taco (mild) beef, lettuce, cheese, corn chips	PIZZA DAY - NO HOT LUNCH
Sept 28	Sept 30	OCT 1	OCT 2
Penne with meat / tomato sauce, french loaf	NEW - Fish sticks with rice, corn niblets	Beef Burgers & Caesar salad	Baked white meat Chicken fingers with potatoes, and salad
Oct 5	Oct 7	Oct 8	Oct 9
All Day breakfast - pancakes, chicken sausage, fruit	Breaded chicken burgers with salad	Honey garlic meatballs with cauliflower rice, green salad	PIZZA DAY - NO HOT LUNCH
Oct 12	Oct 14	Oct 15	Oct 6
THANKSGIVING - NO SCHOOL	NEW - Cheese quesadillas with tortilla chips and salsa	Meatball subs with cheese and Caesar salad	Popcorn chicken with chips and salad
Oct 19	Oct 21		Oct 23
Fusilli with veggie/tomato sauce & french loaf	Popcorn chicken with potatoes and green salad	NEW - Sloppy Joe's with a bun, cheese and salad	PIZZA DAY - NO HOT LUNCH
Oct 26	Oct 28	Oct 29	Oct 30
Breaded chicken burgers and salad	Fish sticks with potatoes, corn niblets	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Chicken Snack Wrap - chicken, lettuce, cheese, tortilla

ALL MEALS COME WITH A DAILY FRESH FRUIT & RAW VEGETABLE.
INCLUDED DAILY FRUIT - ONE OF: APPLES, BANANAS, CANTALOUPE, ORANGES, HONEYDEW
INCLUDED DAILY RAW VEGETABLE - ONE OF: MINI CARROTS, CUCUMBER, CELERY

Menus and ONLINE ORDERING at www.thelunchmom.com. Please email (tricia@thelunchmom.com) anytime.