## WILLIAM BURGESS PS HOT LUNCH MENU - October 4 - December 23, 2022

PASTA & CHICKEN TUESDAYS	MIXED THURSDAYS
SEPTEMBER 27	29
Fusilli with meatballs/tomato sauce, french loaf	Burgers on whole wheat buns and cubed potatoes
OCTOBER 4	6
Penne with meat sauce and french loaf	Fish sticks with corn niblets and Caesar salad
11	13
Fusilli with veggie tomato sauce, french loaf & salad	Chicken nuggets with carrots and cucumbers and dip
18	20
Baked white meat Chicken fingers with rice and mixed veggies	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
25	27
Penne with meat sauce and french loaf	Burgers on whole wheat buns and veggies & dip
NOVEMBER 1	3
Rigatoni with vegetarian sauce, and cheesy garlic bread	Honey garlic meatballs with cauliflower rice, green salad
8	10
Baked white meat Chicken fingers with potatoes, and salad	Meatball subs with cheese and cubed potatoes
15	17
Penne with meat sauce and french loaf	Fish sticks with potatoes, carrots & corn niblets
22	24
Rigatoni with vegetarian sauce, and cheesy garlic bread	Cheese quesadillas with tortilla chips and salsa
29	DECEMBER 1
All Day breakfast - pancakes, chicken sausage, hash browns	Breaded chicken burgers on whole wheat rolls & green salad
6	8
Baked white meat Chicken fingers with rice and mixed veggies	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
13	15
Penne with meat sauce and french loaf	Honey garlic meatballs with cauliflower rice, green salad
20	22
Rigatoni with vegetable rosé sauce, garlic bread & green salad	Burgers on whole wheat buns and veggies & dip

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.

