

BEDFORD PARK FALL HOT LUNCH MENU - SEPT - DEC 2026

PASTA & CHICKEN MONDAYS	MIXED WEDNESDAYS
SEPT 14	Sept 16
Rotini with meat / tomato sauce, french loaf	All Day breakfast - pancakes, chicken sausage, fruit
Sept 21	Sept 23
Baked white meat Chicken fingers with chips, and veggies	Meatballs in tomato sauce with rice
Sept 28	Sept 30
Penne with meat / tomato sauce, french loaf	Chicken Snack Wrap - chicken, lettuce, cheese, tortilla
Oct 5	Oct 7
All Day breakfast - pancakes, chicken sausage, fruit	Breaded chicken burgers with salad
Oct 12	Oct 14
THANKSGIVING - NO SCHOOL	Meatball subs with cheese and Caesar salad
Oct 19	Oct 21
Fusilli with veggie/tomato sauce & french loaf	Popcorn chicken with potatoes and green salad
Oct 26	Oct 28
Breaded chicken burgers and salad	Rice bowl - rice, beef, shredded lettuce, cheese & salsa
NOV 2	Nov 4
Rotini with veg/tomato sauce, french loaf	Soft Tacos - ground taco (mild) beef, lettuce, cheese, corn chips
Nov 9	Nov 11
Chicken Snack Wrap - chicken, lettuce, cheese	Beef Burgers, chips
Nov 16	Nov 18
Fusilli with vegetarian sauce, and french loaf	Honey garlic meatballs with cauliflower rice, green salad
Nov 23	Nov 25
Chicken hot dogs with chips and veggies	Rice bowl - rice, beef, shredded lettuce, cheese & salsa
Nov 30	Dec 2
Chicken schnitzel with rice, pita and applesauce	Beef Burgers & Caesar salad
Dec 7	Dec 9
Penne with meatballs / tomato sauce, french loaf	Soft Tacos - ground taco (mild) beef, lettuce, cheese, corn chips
Dec 14	Dec 16
Baked white meat Chicken fingers with potatoes, and salad	All Day breakfast - pancakes, chicken sausage, fruit

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.