

BEDFORD PARK HOT LUNCH MENU - SEPTEMBER - DECEMBER 2024



PASTA & CHICKEN MONDAYS		MIXED WEDNESDAYS	
SEPTEMBER.			
	9		11
Fusilli with vegetarian sauce, and cheesy garlic bread		All Day breakfast - pancakes, chicken sausage, fruit	
	16		18
Chicken schnitzel with rice, pita and applesauce		Beef Burgers, green salad	
	23		25
Penne with veggie tomato sauce, cheesy garlic bread		Rice bowl - rice, beef, shredded lettuce, cheese & salsa	
	30	OCTOBER .	
All Day breakfast - pancakes, chicken sausage, fruit		Cheese quesadillas with tortilla chips and salsa	2
	7		9
Popcorn chicken with potatoes and green salad		Baked macaroni and cheese with pita and veggies	
	14		16
THANKSGIVING - NO SCHOOL		Fusilli with ground chicken / tomato sauce, Caesar salad	
	21		23
Penne with meat / tomato sauce, french loaf		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
	28		30
NEW! Chicken Snack Wrap - chicken, lettuce, cheese, tortilla		Breaded chicken burgers, green salad, corn and carrots	
NOVEMBER .			6
Fusilli with vegetarian sauce, and cheesy garlic bread		Beef Burgers & Caesar salad	
	11		13
Popcorn chicken with potatoes and salad		Meatballs in tomato sauce with rice & green salad	
	18		20
Chicken hot dogs with chips and veggies		All Day breakfast - pancakes, chicken sausage, fruit	
	25		27
Rigatoni with vegetarian sauce, and green salad, french loaf		Cheese quesadillas with tortilla chips and salsa	
DECEMBER .			4
Baked white meat Chicken fingers with potatoes, and salad		Beef Burgers & Caesar salad	
	9		11
Penne with meat / tomato sauce, Caesar salad		Honey garlic meatballs with cauliflower rice, green salad	
	16		18
Fusilli with vegetarian sauce, and french loaf		Breaded chicken burgers, green salad, corn and carrots	
		112	

**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.