

BEDFORD PARK HOT LUNCH MENU - January - March, 2023



MONDAYS	WEDNESDAYS
PASTA & CHICKEN MONDAYS	MIXED WEDNESDAYS
JANUARY 9	11
All Day breakfast - pancakes, chicken sausage, hash browns	Honey garlic meatballs with cauliflower rice, green salad
16	18
Penne with meat sauce and french loaf	Rice bowl - rice, beef, shredded lettuce, cheese & salsa
23	25
Breaded chicken burgers on whole wheat rolls & chips	Fish sticks with potatoes, carrots & corn niblets
30	FEBRUARY 1
Rigatoni with vegetarian sauce, and cheesy garlic bread	Meatballs in tomato sauce with rice
6	8
Penne with meat sauce and french loaf	Burgers on whole wheat buns and potatoes
13	15
Baked white meat Chicken fingers with potatoes and corn	Baked macaroni and cheese with pita and veggies
20	22
FAMILY DAY - NO SCHOOL	Meatball subs with cheese and cubed potatoes
27	MARCH 1
Breaded chicken burgers on whole wheat rolls & carrots/peas	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
6	8
Chicken hot dogs with chips and veggies	Honey garlic meatballs with cauliflower rice, green salad
13	15
MARCH BREAK	MARCH BREAK
20	22
Penne with meat / tomato sauce, french loaf	All Day breakfast - pancakes, chicken sausage, hash browns
27	29
Fusilli with meatballs/tomato sauce, french loaf	Burgers on whole wheat buns and chips

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.