

BEDFORD PARK HOT LUNCH MENU - JANUARY - MARCH 2025



LOTS OF PASTA & CHICKEN MONDAYS		MIXED WEDNESDAYS	
JANUARY		6	
Fusilli with vegetarian sauce, and cheesy garlic bread		All Day breakfast - pancakes, chicken sausage, fruit	8
	13		15
Popcorn chicken with potatoes and salad		Beef Burgers, green salad	
	20		22
Rotini with meatballs/tomato sauce & Caesar salad		Rice bowl - rice, beef, shredded lettuce, cheese & salsa	
	27		29
Cheese quesadillas with tortilla chips and salsa		Meatball subs with cheese and shredded lettuce	
	3		5
Penne with veggie tomato sauce, cheesy garlic bread		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
	10		12
All Day breakfast - pancakes, chicken sausage, fruit		Chicken fingers with potatoes and corn/carrots	
	17		19
FAMILY DAY - NO SCHOOL		Breaded chicken burgers, green salad, corn and carrots	
	24		26
Chicken hot dogs with chips and veggies		Honey garlic meatballs with cauliflower rice, green salad	
	MARCH		5
Fusilli with vegetarian sauce, and cheesy garlic bread		All Day breakfast - pancakes, chicken sausage, fruit	
	10		12
MARCH BREAK		MARCH BREAK	
	17		19
Fusilli with meatballs/tomato sauce & Caesar salad		Popcorn chicken with potatoes and salad	
	24		26
Chicken fingers with potatoes and corn/carrots		Beef Burgers & Caesar salad	

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.