

BEDFORD PARK PS HOT LUNCH MENU - October 12 - December 21, 2022

PASTA & CHICKEN MONDAYS	MIXED WEDNESDAYS
OCTOBER	10
THANKSGIVING MONDAY - NO LUNCH TODAY	Meatballs in tomato sauce, rice, green salad
17	19
Baked white meat Chicken fingers with rice and mixed veggies	All Day breakfast - pancakes, chicken sausage, hash browns, fruit salad
24	26
Penne with meat sauce and french loaf	Beef Burgers on whole wheat buns and veggies & dip
31	NOVEMBER
Rigatoni with vegetarian sauce, and cheesy garlic bread	Breaded chicken burgers on whole wheat rolls & green salad
7	9
Baked white meat Chicken fingers with potatoes, and salad	Meatball subs with cheese and cubed potatoes
14	16
Penne with meat sauce and french loaf	Fish sticks with potatoes, carrots & corn niblets
21	23
Chicken nuggets with rice and carrots	Cheese quesadillas with tortilla chips and salsa
28	30
All Day breakfast - pancakes, chicken sausage, hash browns	Breaded chicken burgers on whole wheat rolls & green salad
Dec 5	7
Baked white meat Chicken fingers with rice and mixed veggies	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
12	14
Penne with meat sauce and french loaf	Honey garlic meatballs with cauliflower rice, green salad
19	21
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.

